

Home Blood Glucose Log

Name: _____ Date of Birth: _____ Target A1c: _____

Target Blood Glucose: Before meal: 80 to 120 At 2 Hour after meal: Less then 180 Bedtime: 100 to 140

Please mark 2 hour after meal readings with *

Week of					Week of				
Day	Breakfast	Lunch	Dinner	Bedtime	Day	Breakfast	Lunch	Dinner	Bedtime
Mon					Mon				
Tue					Tue				
Wed					Wed				
Thu					Thu				
Fri					Fri				
Sat					Sat				
Sun					Sun				
Week of					Week of				
Day	Breakfast	Lunch	Dinner	Bedtime	Day	Breakfast	Lunch	Dinner	Bedtime
Mon					Mon				
Tue					Tue				
Wed					Wed				
Thu					Thu				
Fri					Fri				
Sat					Sat				
Sun					Sun				