

## Home Blood Glucose Log

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Target A1c: \_\_\_\_\_

**Target Blood Glucose:** Before meal: 80 to 120    At 2 Hour after meal: Less than 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     |           |       |        |         |