

Blood Sugar Testing Log

Record blood sugar levels for at least one day before class 2



Day	Date	Breakfast		Lunch		Dinner		Bedtime
		Before	After	Before	After	Before	2 hrs after	
1								
2								
3								
4								
5								
6								
7								
Goals*		80 - 130	< 180	70 - 130	< 180	70 - 130	< 180	90 - 150

* American Diabetes Association Guidelines