Name:_____

BLOOD GLUCOSE RECORD

Month/Year _____

ADA BLOOD GLUCOSE TARGETS

Before breakfast: 70 to 130 mg/dl

Two hours after meals: below 180 mg/dl

MY TARGETS

Before breakfast: _____

Two hours after meals: _____

DAY or DATE	BREAKFAST		LUNCH		DINNER		NIGHT	OTHER	OTHER	COMMENTS Factors that may affect your numbers
	Before	After	Before	After	Before	After				

CENTURY HEALTH STUDY