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: ______________

<table>
<thead>
<tr>
<th>DAY or DATE</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>NIGHT</th>
<th>OTHER</th>
<th>OTHER</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
<td>Before</td>
<td>After</td>
<td>Before</td>
<td>After</td>
<td></td>
</tr>
</tbody>
</table>

Factors that may affect your numbers