

Disease Management Clinic

Blood Sugar Log

719-526-7022

Month: _____

Name: _____

Date of Birth _____

Date	First Meal		Mid-day Meal		Third Meal		Comments
	Breakfast		Lunch		Supper		
	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	
1							
2							
3							
4							
5							
6							
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30							
31							

Blood Sugar Goals: Before Meals 70 – 130 2 Hours after starting to eat the meal 70 – 180

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