

Monitoring Blood Glucose

When testing your glucose levels it is important to get a variety of readings at different times of the day. This will help you learn how food, exercise, and other daily activities affect your blood glucose levels.

Use the charts below to record your blood glucose levels. Focus on one meal each day and test before that meal and then two hours after the meal. It is helpful to also record what you ate and how much. Try to get a sample of a variety of meals - breakfast, lunch and dinner.

Date & Time	Food Items & Amount	Carb grams	Blood Glucose
			Before Meal

			2 hours after

Date & Time	Food Items & Amount	Carb grams	Blood Glucose
			Before Meal

			2 hours after

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			Before Meal

			2 hours after

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Time			
			Before Meal

			2 hours after

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