

HOME BLOOD GLUCOSE MONITORING

CHECK YOUR BLOOD SUGAR LEVEL BASED ON THE TRACKING SCHEDULE SUGGESTED BY YOUR DOCTOR. MY TARGET BLOOD SUGAR RANGE IS _____

	Week 1							Week 2							Week 3							Week 4						
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fn	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Before Breakfast																												
1hr after Breakfast																												
Before Lunch																												
1hr after Lunch																												
Before Dinner																												
1 hr after Dinner																												
Bedtime																												
Daily Average																												
	Week 1							Week 2							Week 3							Week 4						
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fn	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Tracking blood sugar levels can be a powerful diabetes self management tool. Reproduce this chart and see how well your diabetes care plan is working. Set your target blood sugar range with your physician and review your results on your next visit.