



BLOOD GLUCOSE LOG

Use along with Diabetes symptom response plan.

NAME _____

CARE MANAGER _____

ADA BLOOD GLUCOSE TARGETS*

Before meals: 80 - 130 mg/dl

Two hours after meals: Below 180 mg/dl

MY TARGETS

Before meals: _____

Two hours after meals: _____

Date	Breakfast		Lunch		Dinner		Bedtime	Notes
	Before	2hr After	Before	2hr After	Before	2hr After		

*Check with your doctor for your specific target ranges.