




Food and Blood Glucose Record

Patient Name: _____

Date	Fasting Blood Sugar	Breakfast & Morning Snack 	1-2 hr Post Meal Blood Sugar	Before Lunch Blood Sugar	Lunch & Afternoon Snack 	1-2 hr Post Meal Blood Sugar	Before Supper Meal Blood Sugar	Evening Meal & Snack 	1-2 hr Post Meal Blood Sugar	Bed time Blood Sugar	Physical Activity Today/Comments
Range											
Target	4-7		Under 10	4-7		Under 10	4-7		Under 10	4-7	
If Safe	4-6		Under 8	4-6		Under 8	4-6		Under 8	4-6	

Guidelines for Blood Sugar Goals:
(Discuss with your health care provider)

Before meals – 4-7 mmol/L (4-6 mmol/L if able to achieve safely)
After meals - Less than 10 mmol/L (Less than 8 mmol/L if able to achieve safely)

