

| Name:     |             |                            |                              |
|-----------|-------------|----------------------------|------------------------------|
|           |             | MY Blood Glucose<br>Target | ADA Blood Glucose<br>Targets |
| Before    | Breakfast:  |                            | 80 - 130 mg/dl               |
| Two Hours | After Meal: |                            | below 180 mg/dl              |

## Food & Blood Glucose Diary

| Date | Pre Meal<br>Blood<br>Sugar &<br>Time | BREAKFAST<br>Food/Amount | After Meal<br>Blood Sugar<br>& Time | Pre Meal Blood Sugar & Time | <b>LUNCH</b><br>Food/Amount | After Meal<br>Blood Sugar<br>& Time | Pre Meal<br>Blood<br>Sugar &<br>Time | <b>DINNER</b><br>Food/Amount | After Meal<br>Blood Sugar &<br>Time | SNACK/other/<br>Nightime<br>Blood Sugar<br>& Time | COMMENTS<br>(exercise, illness,<br>stress, other<br>notes) |
|------|--------------------------------------|--------------------------|-------------------------------------|-----------------------------|-----------------------------|-------------------------------------|--------------------------------------|------------------------------|-------------------------------------|---|--|
|      |                                      |                          |                                     |                             |                             |                                     |                                      |                              |                                     |   |  |
|      |                                      |                          |                                     |                             |                             |                                     |                                      |                              |                                     |   |  |
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|      |                                      |                          |                                     |                             |                             |                                     |                                      |                              |                                     |   |  |
|      |                                      |                          |                                     |                             |                             |                                     |                                      |                              |                                     |   |  |