Blood Glucose Log

ADA Blood Glucose Targets

Before breakfast: 70 to 130 mg/dl

Two hours after meals: below 180 mg/dl

My Blood Glucose Targets								
Before breakfast:	mg/dl							
Two hours after meals:	mg/dl							

	Break		Lur		Dinner					
DAY	Before	After	Before	After	Before	After	Night	Other	Other	Comments
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