

Blood Glucose Log (mmol/L) Name _____ Week of _____ My target range _____ to _____ mmol/L

Reference: the American Diabetes Association's general targets for many nonpregnant adults with diabetes are **4.4 to 7.2 mmol/L** before a meal and **under 10.0 mmol/L** one to two hours after the start of a meal. Targets are individual: the range your care team gave you comes first. Write readings down right away, with the time, and add what was going on in the notes.

DAY	BREAKFAST		LUNCH		DINNER		BEDTIME	OVERNIGHT	NOTES: FOOD, ACTIVITY, ILLNESS, STRESS, HOW YOU FELT
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER			
Monday Date _____									
Tuesday Date _____									
Wednesday Date _____									
Thursday Date _____									
Friday Date _____									
Saturday Date _____									
Sunday Date _____									

