



BLOOD GLUCOSE TESTING RECORD

Patient Name: _____ Clinic # _____

Acceptable Blood Sugars: Before Meals: 4.0 – 7.0 mmol/L After Meals: 5.0 – 10.0 mmol/L

*Optimal Blood Sugars: Before Meals: 4.0 – 6.0 mmol/L After Meals: 5.0 – 8.0 mmol/L

If can be safely achieved

****The Blood Sugar should rise no more than 3 mmol/L, 2 hours after the meal.****

Test where you see the asterisk (*) for each day.

You can now determine if there is a pattern to your blood sugar readings.

	Before Breakfast	2 hrs After Breakfast	Before Lunch	2 hrs After Lunch	Before Supper	2 hrs After Supper	Bedtime
Sunday	*	*					*
Monday			*	*			
Tuesday					*	*	
Wednesday	*	*					*
Thursday			*	*			
Friday					*	*	
Saturday	*	*					*
Sunday	*	*					*
Monday			*	*			
Tuesday					*	*	
Wednesday	*	*					*
Thursday			*	*			
Friday					*	*	
Saturday	*	*					*
2 week Blood Sugar Average							