

Blood Sugar Log- Please Bring This Form to All Doctor's Appointments

名(Name): _____ ID #: _____

血糖日志目标 (Blood Sugar Log Goals)

饭前 (Before Meals): 90 - 130 mg/dL

饭后2小时 (2 Hours After Meals): 90 - 180 mg/dL

睡前 (Bedtime): 90 - 150 mg/dL



请把这个日志的所有医生预约

日期	早餐前	2小时后早餐	午餐前	午餐后2小时	晚餐前	晚饭后2小时	睡前
Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 hours After Lunch	Before Dinner	2 hours After Dinner	Bedtime