Name: _____ ID #: _____

Blood Sugar Log Goals Before Meals: 90 - 130 mg/dL Two Hours After Meals: 90 - 180 mg/dL Bedtime: 90 - 150 mg/dL



Please Bring This Log to All Doctors Appointments

Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 hours After Lunch	Before Dinner	2 hours After Dinner	Bedtime