American Diabetes Association®
Cure • Care • Commitment®

Blood Glucose Journal

Month/Year _____

Diabetes Forecast®

ADA BLOOD GLUCOSE TARGETS

Before breakfast: 70 to 130 mg/dl

Two hours after meals: below 180 mg/dl

MY TARGETS

Before breakfast: _____

Two hours after meals: _____

MY DOCTOR

Name: _____

Phone: _____

DAY	BREAKFAST		LUNCH		DINNER		NIGHT	OTHER	OTHER	COMMENTS
	Before	After	Before	After	Before	After				*(note exercise, illness, stress, special foods, or other factors that may affect your numbers)*
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