

Sample Glucose Level Tracking Sheet

Target Blood Glucose Levels for People With Diabetes	
Before meals	70 to 130
1 to 2 hours after the start of a meal	less than 180
My Target Blood Glucose Levels	
Before meals	_____ to _____
1 to 2 hours after the start of a meal	less than _____

Daily Diabetes Record										Week Starting _____
	Other blood glucose	Breakfast blood glucose	Medicine	Lunch blood glucose	Medicine	Dinner blood glucose	Medicine	Bedtime blood glucose	Medicine	Notes: (Special events, sick days, exercise)
Mon										
Tues										
Wed										
Thurs										
Fri										
Sat										
Sun										

