

PHONE: 208.607.4326 FAX:208.607.4327

Women's Clinic Blood Glucose Log

DATE	FASTING	BREAKFAST		LUNCH		DINNER		COMMENTS
		BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	COMMENTS
			+		+			
		1		1				

Recommended Blood Sugar Target	My Blood Sugar Targets	
Before first meal upon wakening	60 to 95 mg/dL	
1 hour after start of each meal	140 mg/dL or lower	
2 hours after start of each meal	120 mg/dL or lower	

