

Why test your blood glucose (blood sugar)?

To help you and your care team adjust your diabetes treatment plan when needed.

What are my blood sugar targets?

*Always ask your physician about your unique blood glucose target ranges. Don't forget to write them down to help guide you to make decisions based on your test results.

Time	My target range*
Before meals	
2 hours after start of a meal	
G Bedtime	
Other times	

How to use your logbook

Use this logbook to help you learn how food, medication and exercise affect your blood sugar. Then make healthy decisions each day to better manage your diabetes.

Here's how to work with your logbook:

- 1 Fill in the date.
- When testing blood sugar before and after meals, write down the "beforemeal" result in the first column and the "after-meal" result in the 2nd column.
- Write down the time you test your blood sugar

Week of _________

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Time		8 a.m.											6
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- Write down any amount of medication you've taken (insulin and/or diabetes pills), in column 3.
- When your result is high or low, circle it so you can see it at a glance
- 6 Use the comment section to remark on anything important like meals eaten, exercise or stress.

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