

PATIENT: _____

DOB: _____

Glucose Monitoring Logs - monitor your Blood Sugar (BS) 4 times a day

- Fasting blood sugar(FBS) in AM (before eating) goal <100
- 1 hour after breakfast, lunch and dinner, **OR** goal <140
- 2 hours after breakfast, lunch and dinner goal <120

DATE	FBS	BREAKFAST	BS	LUNCH	BS	DINNER	BS

Current Diabetic Medication: _____
