



Home Glucose Monitoring Log

Check your blood sugar 3 times a day: one morning fasting value (12 hrs without eating), and after two meals (breakfast or lunch, and dinner). Make sure to write down what you eat the meal before checking your blood sugar and to not eat anything between your meal and testing. You can either check your blood sugar 1 hr or 2 hrs after meals. Please test exactly at 1 or 2 hrs and note which it was. Finally, note your result. Try eating a variety of foods to see how different foods affect your blood sugar (include some sugar or carbs for one meal to see how your body reacts). Please log for 5 days and bring your log to your next appointment.

Example:

Date:	Meal		Time:	Result:
01/02/03	Fasting	Log what you had the night before if not already logged	6am	89
	Breakfast	Sausage, eggs and potatoes	1 hr after	95
	Dinner	Spaghetti and Meatballs with garlic bread	1 hr after	132
	PM Snacks	Log any snacks after dinner. You don't need to check your sugars after but write it down because it can affect morning fasting numbers		

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result:

Date:	Meal		Time:	Result: