Name: **Target Blood Glucose:**

Check blood glucose upon rising, two hours after meals and snacks, at bedtime and before and after exercise or activity.

Week:	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
/	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food	Time	Blood Sugar	Medication Exercise Food
1 AM thru 6 AM																					
6 AM thru 9 AM																					
9 AM thru 12 Noon																					
12 Noon thru 3 PM																					
3 PM thru 6 PM																					
6 PM thru 9 PM																					
9 PM thru 1 AM																					