



MomDoc

Blood Glucose Log

Name _____

Date of Birth _____

Date	Fasting Goal <95	Breakfast Goal 1 hr <140 2 hr <120		Lunch Goal 1 hr <140 2 hr <120		Dinner Goal 1 hr <140 2 hr <120	
		Meal	Blood Sugar	Meal	Blood Sugar	Meal	Blood Sugar
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours
			_____		_____		_____
			1 or 2 hours		1 or 2 hours		1 or 2 hours