

Recommended Target Blood Glucose:
Before meals: 80-130 mg/dL
2 hours after meals: <140 mg/dL is ideal

Nama	
Name:	

Date	Before Time	BREAKFAST	After Time	Before Time	LUNCH	After Time	Before Time	DINNER	After Time	ıe	Snacks &
										ltin	Exercise
	Result		Result	Result		Result	Result		Result	Bedtime	
				-							
AVG											



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	Time Result		Time Result	Before Time Result	LUNCH	After Time Result	Before Time Result	DINNER	After Time Result	Bedtime	Snacks & Exercise
Dia	ibetes Med	lications:									
My Behavior Goals this week are: How will this improve my health?							Evaluate at next session – how often I did this (circle)				
1.								Always Most o	f the time	Some of th	ne time Never
2.								Always Most o	f the time	Some of th	ne time Never