KADLEC

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

Name:_____

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

Name:_____

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

Diabetes Medications:

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 of the time Some of the time Never
2.		Always Most of the time Some of the time Never