This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.





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Before meal: 4.0 to 7.0 mmol

After meal: 5.0 to 10.0 mmol (2 hours after first bite)

Patient Name:	Nurse:	Fax #
		. 434 ::

Date		Blood Sugar								nsulin or P	ills	
	Breakfast		Lunch		Supper		Bed	Туре	Breakfast	Lunch	Supper	Bed
	Before	After	Before	After	Before	After						
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	Comments:							Blood Pre	Blood Pressure:		Steps per day:	
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