**Blood Glucose Log Sheet**

**Goals: <95 (FASTING) <140 (1 Hour after meals) <120 (2 Hours after meals)**

**Remember: Fasting glucose complete when you first wake up prior to food or drinks.**

**Remember: Check glucose 1 HOUR after you completed the meal intake**

**Remember: To bring your glucose log to every visit**

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| Date | Fasting Glucose | Breakfast  | Lunch  | Dinner | Bedtime |
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