

Blood Sugar Goals
 Fasting < 90
 1 HR. Post Meal < 130

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Name: _____ Chart #: _____

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Urine Ketone	Urine Ketone	Urine Ketone	Urine Ketone	Urine Ketone	Urine Ketone	Urine Ketone
Fasting B.S	Fasting B.S	Fasting B.S	Fasting B.S	Fasting B.S.	Fasting B.S.	Fasting B.S.
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar	Blood Sugar
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Blood Sugar- bedtime or 3 am	Blood Sugar- bedtime or 3 am	Blood Sugar- bedtime or 3 am	Blood Sugar-bedtime or 3 am	Blood Sugar-bedtime or 3 am	Blood Sugar-bedtime or 3 am	Blood Sugar-bedtime or 3 am
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise