

Name

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BLOOD SUGAR LOG

FIRST STATE ENDOCRINOLOGY

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774 Christiana Rd. (MON-FRI) Newark, DE, 19713

Date of Bir	th		Phone Number					
	PLEASE WRITE CURRENT MEDICATION REGIMEN ON BOTTOM PAPER							
Date	Before Breakfast	Before Lunch	Before Dinner	Bedtime	Comments			

Write down your blood sugar numbers each time you test. The goal is to get your blood sugar reading into the target range.

Before Meals	90-130	
2 hours after meals	Less than 150	
Bedtime	110-150	