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Blood Glucose Log

Name: _____

| | Before Breakfast | 2 hrs After Breakfast | Before Lunch | 2 hrs After Lunch | Before Dinner | 2 hrs After Dinner | Before Bed |
|--------------|-------------------------|------------------------------|---------------------|--------------------------|----------------------|---------------------------|-------------------|
| Date: | | | | | | | |
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| Date: | | | | | | | |
| Date: | | | | | | | |

Blood glucose goals:
Before meals= 70-130
2 Hrs after meals= under 180

Call your diabetes team if you have high or low glucose levels frequently!