

## Blood Glucose Journal

Month/Year

## Diabetes Forecast

ADA BLOOD GLUCOSE TARGETS		MY TARGETS	MY DOCTOR
Before breakfast: 70 to 130 mg/dl	Before breakfast:	Nam	e:
Two hours after meals: below 180 mg/dl	Two hours after meals:	Phor	e:

DAY	BREA	KFAST	LUN	ICH	DIN	NER	NIGHT	OTHER	OTHER	COMMENTS
	Before	After	Before	After	Before	After				(note exercise, illness, stress, special foods, or other factors that may affect your numbers)
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