

# Checking and Recording Blood Glucose Levels

Use this worksheet when you talk to your health care provider or diabetes educator about when you should check your blood glucose.

It is important to check your blood glucose at consistent, regular times.

Each day, check:

- before breakfast
  - one /  two hours after the start of breakfast (meal one)
  - one /  two hours after the start of lunch (meal two)
  - one /  two hours after the start of dinner (meal three).

For results to be most accurate, meals should be eaten in 30 minutes or less.

## Blood glucose ranges

Your health care provider or diabetes educator will tell you what your acceptable blood glucose ranges are.

Acceptable blood glucose ranges	
Before breakfast	
<input type="checkbox"/> one / <input type="checkbox"/> two hours after the start of breakfast (meal 1)	
<input type="checkbox"/> one / <input type="checkbox"/> two hours after the start of lunch (meal 2)	
<input type="checkbox"/> one / <input type="checkbox"/> two hours after the start of dinner (meal 3)	