

Blood Glucose Record

Test your blood glucose nine times before seeing your doctor or health care provider. Take three tests before breakfast, three tests before your main meal, and three tests two hours after your main meal. Record the results below. Bring this information to your next appointment.

Date	Before Breakfast	Before Main Meal	Two Hours After Main Meal

Blood Glucose Recommendations

	Nondiabetes	Diabetes
Before a meal	less than 100 mg/dL	80 to 130 mg/dL
2 hours after a meal	less than 140 mg/dL	less than 160 mg/dL

