

Meter Blood Glucose Targets

<u>before meals</u> 4.0 – 7.0 mmol/L	<u>2 hours after meals</u> 5.0 – 10.0 mmol/L
If A1C > 7.0% aim for target 2 hrs after meals 5.0 – 8.0 mmol/L	

Date	Fasting Blood glucose	2 hours after breakfast	Before lunch	2 hours after lunch	Before supper	2 hours after supper	Before bed	Comments

Plan:

Date	Fasting Blood glucose	2 hours after breakfast	Before lunch	2 hours after lunch	Before supper	2 hours after supper	Before bed	Comments

Plan: