Blood Sugar Targe	<b>Blood Sugar Target Recommendations</b>	
	80-120	NAME: DOB:
2 hours after meals:	$\leq 140$	
Other:		MEDICATION:
When	When to Test:	
First thing in the morning before a meal and two hous after the same meal		
Before each meal and at bedtime.		
□ Other:		

DATE	BREAKFAST		LUNCH	DINNER	BEDTIME	COMMENTS		
	Before	After	Before	After	Before	After		
4/15/08	98				155	2 hr		Walked after
4/15/08 (sample)	98				157	215		dinner.
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							4	

Wentworth–Douglass Hospital DIABETES SERVICES **BLOOD SUGAR LOG** JUILING

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