

Before A.M Meal and After P.M. Meal- Blood Sugar Log

Name: _____ MRN: _____

Insulin Regimen: _____

Each day, test your (fasting) blood sugar before breakfast and before taking insulin or other medications. Then test your blood sugar 2 hours after eating supper. Fasting and before meal readings should be 80–120 mg/dL.

Date	When to test	Blood Sugar
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	

Date	When to test	Blood Sugar
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	
	Before Breakfast	
	After Supper	

Diabetes Management Program – UNC Internal Medicine

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