



Glucose Log

Send to your educator in MyChart or FAX to: Nicole Almanza at 805-679-8308

Your name: _____ Date of Birth: _____

Are you using Insulin: Yes No

- Pre-meal dose: Breakfast _____ Lunch _____ Dinner _____
- Bedtime dose: _____

Blood glucose targets:

Upon awakening (fasting) = less than 95. 1 hour after START of meal = less than 140.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Upon Awakening							
<i>Carbs (g)</i>							
<i>Insulin</i>							
After Breakfast							
Before Lunch							
<i>Carbs (g)</i>							
<i>Insulin</i>							
After Lunch							
Before Dinner							
<i>Carbs (g)</i>							
<i>Insulin</i>							
After Dinner							
Bedtime Insulin							
Notes							