

Blood Glucose Journal

Month/Year _____

Diabetes Forecast™

ADA BLOOD GLUCOSE TARGETS

Before breakfast: 70 to 130 mg/dl
Two hours after meals: below 180 mg/dl

MY TARGETS

Before breakfast: _____
Two hours after meals: _____

MY DOCTOR

Name: _____
Phone: _____

DAY	BREAKFAST		LUNCH		DINNER		NIGHT	OTHER	OTHER	COMMENTS <small>(note exercise, illness, stress, special foods, or other factors that may affect your numbers)</small>
	Before	After	Before	After	Before	After				
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										