

Blood Sugar Chart

BLOOD SUGAR CHART

Patient Name: _____ Date of Birth: _____ dd / mm / yyyy

Contact Information: _____

The patient has

prediabetes

diabetes

Additional Notes

General Target Levels (without diabetes): Before Meals (Fasting) 72 to 99 mg/dL (4.0 to 5.4 mmol/L), After Meals or 2 Hours After Eating Up to 140 mg/dL (7.8 mmol/L)

General Target Levels (prediabetes): Before Meals (Fasting) 100 mg/dL (5.5 mmol/L), After Meals or 2 Hours After Eating 140 mg/dL to 199 mg/dL (7.8 to 11.0 mmol/L)

General Target Levels (with diabetes): Before Meals (Fasting) 126 mg/dL or higher (7.0 mmol/L), After Meals or 2 Hours After Eating 200 mg/dL or higher (11.1 mmol/L)

TRACKING BLOOD SUGAR

Date: _____ dd / mm / yyyy Time 1: _____

Measurement Type 1

Before a Meal After a Meal Other

Other Specification 1: _____ Result 1: _____

Result Interpretation 1: _____ Time 2: _____

Measurement Type 2

Before a Meal After a Meal Other

Other Specification 2: _____ Result 2: _____

Result Interpretation 2: _____ Time 3: _____

Measurement Type 3

Before a Meal After a Meal Other

Other Specification 3: _____ Result 3: _____

Result Interpretation 3: _____ Time 4: _____

Measurement Type 4

Before a Meal After a Meal Other

Other Specification 4: _____ Result 4: _____

Result Interpretation 4: _____ Time 5: _____

Measurement Type 5

Before a Meal After a Meal Other

Other Specification 5: _____ Result 5: _____

Result Interpretation 5: _____ Time 6: _____

Measurement Type 6

Before a Meal After a Meal Other

Other Specification 6: _____ **Result 6:** _____

Result Interpretation 6: _____