

Blood Sugar Monitoring - Service User - Daily Measurements

Service User: _____ Date of Birth: _____

Recommended levels: BEFORE meals: 4 to 7 mmol/l
AFTER meals: less than 9 mmol/l (for Type 1 diabetes) OR 8.5 mmol/l (for Type 2 diabetes)

Date		TIME OF DAY WHEN BLOOD SUGAR IS MEASURED						Comments
		First thing in the morning	After breakfast (specify time)	Before lunch	After lunch (specify time)	Before dinner	After dinner (specify time)	
MON	Time							
	READING							
TUE	Time							
	READING							
WED	Time							
	READING							
THU	Time							
	READING							
FRI	Time							
	READING							
SAT	Time							
	READING							
SUN	Time							
	READING							

Signature: _____ Name (PRINT): _____ Date: _____