



**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: (703) 542 – 366

Day	Breakfast		Lunch		Dinner		Night	Other	Other	Comments
	Before	After	Before	After	Before	After				

*(note exercise, illness, stress, special foods or other factors that may affect your numbers)*

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