

# PREVENTIVE MEDICINE ASSOCIATES

## HOME BLOOD SUGAR RECORD

NAME \_\_\_\_\_ DIABETES MEDS: \_\_\_\_\_

TYPE OF METER: \_\_\_\_\_ LANCET DEVICE: \_\_\_\_\_

### BLOOD SUGAR GOALS:

FASTING (BEFORE FIRST MEAL OF DAY)	80-120
BEFORE MEALS	80-120
2 HOURS POST PRANDIAL(AFTER MEAL)	LESS THAN 180
BEFORE BEDTIME	100-140

Hba1c GOAL: <7.0

EXERCISE GOAL: At least 20 minutes of continuous, rhythmic exercise, such as walking daily.

Please take your BLOOD SUGAR at least once a day or as often as your provider suggests

DATE	FASTING	BEFORE NOON MEAL	BEFORE EVENING MEAL	BEFORE BEDTIME	2 HOURS AFTER MEAL	ACTIVITY
	X					
		X				
			X			
				X		
					X	
	X					
		X				
			X			
				X		
					X	
	X					
		X				
			X			
				X		

PLEASE BRING THIS RECORD TO ALL OFFICE VISITS