

Blood Sugar Log for:

My FASTING/PRE-MEAL goal is:

My POST-MEAL goal is:

Date	Fasting	2 Hours after Break fast	Pre-Lunch	2 hours after Lunch	Pre-dinner	2 hours after dinner	Bed - time	Notes

Our Plan:

IF I feel: dizzy, nauseated, sweaty or confused I should CHECK MY BLOOD SUGAR. If it is less than 70 mg/dL, I should:

- Drink 4oz (1/2 cup) of orange juice or soda
- Eat a small protein and carbohydrate snack like: Nut butter and toast OR cheese and crackers
- Refer to my low blood sugar hand out