## Brookings Health System

Blood Glucose Log



Date	AM Blood Glucose	Notes	After Breakfast Blood Sugar 1 hr 2 hr	Notes	After Lunch Blood Sugar 1 hr 2 hr	Notes	After Dinner Blood Sugar 1 hr 2 hr	Notes

## ADA guidelines:

- Before a meal: 80–130 mg/dl
- 1-2 hours after a meal: less than 180 mg/dl