

Blood Glucose Record Sheet

Week Of:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Average
<b>Am Pre Breakfast</b>								
What Eaten:								
<b>+ 1 Hour</b>								
<b>+ 2 Hour</b>								
<b>Pre Lunch</b>								
What Eaten:								
<b>+ 1 Hour</b>								
<b>+ 2 Hour</b>								
<b>Pre Dinner</b>								
What Eaten:								
<b>+ 1 Hour</b>								
<b>+ 2 Hour</b>								
<b>Diabetes Undone</b>	<b>Optimal</b>	<b>Stage 1 High Blood Sugar</b>	<b>Stage 2 High Blood Sugar</b>	<b>Stage 3 Prediabetes</b>	<b>Stage 4 Advanced Prediabetes</b>	<b>Stage 5 Diabetes</b>		
<b>FASTING</b>	<b>70-84</b>	<b>85-94</b>	<b>95-99</b>	<b>100-109</b>	<b>110-125</b>	<b>126</b>		
<b>+ 1 Hour</b>	<b>80-119</b>	<b>120-139</b>	<b>140-159</b>	<b>160-199</b>	<b>200</b>			
<b>+ 2 Hour</b>	<b>80-99</b>	<b>100-119</b>	<b>120-139</b>	<b>140-159</b>	<b>160-199</b>	<b>200</b>		
<b>Fasting</b>	<b>70-99</b>			<b>100-125</b>		<b>126</b>		
<b>+ 2 Hour</b>	<b>&lt; 140</b>			<b>140-180</b>		<b>&gt; 200</b>		