

Self Checks of Blood Sugar

How to use this card.

This card has three sections. Each section tells you when to check your blood sugar: before each meal, 1 to 2 hours after each meal, and at bedtime. Each time you check your blood sugar, write down the date, time, and results. Take this card with you on your health care visits. Show it to your health care team. Talk about your goals and how you are doing.

	Date	Time	Result
My blood sugar before meals: Usual goal 70 to 130 My goal: _____			
My blood sugar 1–2 hours after meals: Usual goal below 180 My goal: _____			
My blood sugar at bedtime: Usual goal 110 to 150 My goal: _____			