



HOME BLOOD SUGAR READINGS

Follow this chart if you are taking insulin at bedtime.

- The shaded areas are examples of when to test.
- REMEMBER, if you are feeling shaky, sweaty, or lightheaded then TEST your blood sugar levels. If your levels are below 4.0, treat with 2/3 cup regular pop or juice.
- Target blood sugar levels:
 - 4.0 - 7.0, before meals
 - 5.0 – 10.0, two hours after a meal

Name: _____

Day	First Meal		Second Meal		Third Meal		Bedtime
	Before	2hr After	Before	2hr After	Before	2hr After	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
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Saturday							
Sunday							