

HOME BLOOD SUGAR READINGS

Follow this chart if you don't take pills or if you take pills that DON'T cause your blood sugars to go too low* (see below).

- Test 3 to 4 times per week.
- The shaded areas are examples of when to test.
- 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	Shaded						
Tuesday							
Wednesday						Shaded	
Thursday		Shaded					
Friday							
Saturday				Shaded			
Sunday							
Monday							
Tuesday		Shaded					
Wednesday				Shaded			
Thursday	Shaded						
Friday						Shaded	
Saturday							
Sunday							
Monday							
Tuesday	Shaded						
Wednesday							
Thursday				Shaded			
Friday							
Saturday		Shaded					
Sunday						Shaded	

*The only pills that can cause blood sugar levels to go too low (below 4.0) are glyburide, repaglinide (Gluconorm), gliclazide and gliclazide MR.