

HOME BLOOD SUGAR READINGS

Follow this chart if you are taking rapid insulin with meals and long acting 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							
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