

Once Daily Blood Glucose Testing

Test your blood sugars once a day, at a different time each day. Use the log below as a guide. Write your readings in the spaces below, or in a blood sugar log or notebook. Look for patterns.

Blood Glucose Levels	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before Supper	2 hours after supper	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

My targets

After waking up (fasting):

mmol/L

Before meals:

mmol/L

After meals:

mmol/L

Are any of your blood sugar numbers above or below your targets? What might have caused them to be high or low?

↓ Lows (also called hypoglycemia) may be caused by:

- More physical activity than usual
- Not eating on time or skipping a meal
- Eating less carbohydrates than usual
- The effects of diabetes medications
- The effects of drinking alcohol

↑ Highs may be caused when:

- Food, activity, or medications are not balanced
- You are sick
- You are under stress
- You are dehydrated