



Twice Daily Blood Glucose Testing

Use the log below as a guide for alternating the times you test. Then look for patterns.

Date:	Breakfast		Lunch		Supper		Bedtime	Other Notes
	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after		e.g. medication, food, exercise, stress, sleep, other tests done

My Targets:

Waking up (fasting): _____ mmol/L

Before Meals: _____ mmol/L

After Meals: _____ mmol/L

↓ Lows (hypoglycemia) may be caused by:

- Being more active than usual
- Not eating on time or skipping a meal
- Eating less carbohydrates than usual
- The effects of diabetes medications

↑ Highs may be caused when:
