

## Blood Glucose Monitoring for \_\_\_\_\_

	Before Brkfst	1 Hour After Brkfst	Before Lunch	1 Hour After Lunch	Before Dinner	1 Hour After Dinner	Bed Time	3:00 am	Current Diabetes Meds/Doses: _____
Date	1	2	3	4	5	6	7	8	Comments and Weight (+/-)

Population Groups	Blood Test Time	Normal Ranges
Pregnant Women	Fasting (No food for at least 8 hours):	<b>60-90</b> mg/dl
	1 Hour after finishing a meal:	<b>60-120</b> mg/dl
Men and Non-Pregnant Women	Fasting (No food for at least 8 hours):	<b>70-100</b> mg/dl ( <b>Ideal—Non-Diabetic</b> ) 70-110 mg/dl(Acceptable for Diabetes)
	1 Hour after finishing a meal:	<b>70-140</b> mg/dl ( <b>Ideal—Non-Diabetic</b> ) 70-150 mg/dl(Acceptable for Diabetes)