

Blood Glucose Monitoring for _____

	Before Brkfst	2 Hrs After Brkfst	Before Lunch	2 Hrs After Lunch	Before Dinner	2 Hs 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):	60-90 mg/dl
	2 Hours after finishing a meal:	60-120 mg/dl
Men and Non-Pregnant Women	Fasting (No food for at least 8 hours):	70-99 mg/dl (Ideal—Non-Diabetic) 70-110 mg/dl(Acceptable for Diabetes)
	2 Hours after finishing a meal:	70-140 mg/dl (Ideal—Non-Diabetic) 70-150 mg/dl(Acceptable for Diabetes)