Weekly Blood Glucose Monitoring Chart

Diabetes Management & Supplies

Your Name: _____

Physician's Name: _____

Monitoring Frequency: _____

Oral Medications/Insulin Types: _____

Target Blood Sugar Levels

	Plasma Values*	Whole Blood Values*
Before meals	90-130	80-120
1-2 hrs. after meals	Below 180	Below 170

* Most new glucose monitors show plasma values, but yours may show whole blood values; be sure to check your monitor's instructions.

DATE	FASTING/OTHER	AFTER BREAKFAST	AFTER LUNCH	AFTER DINNER	INSULIN/OTHER MEDICATION	NOTES (what you ate, skipped meals, exercise, etc.)