It is important to write down your blood sugar (glucose) results. They help your healthcare provider know how to keep your blood sugar in a healthy range.

Use the log book that comes with your glucometer or you can use a notebook.

Bring your glucometer to your medical visits.

**This is a sample of how to write down your blood sugar results.**

**Sample recording form**

| Date  | Fasting blood sugar | After breakfast sugar | Pill or Insulin taken | Before/after lunch sugar | Pills or Insulin taken | Before/after dinner sugar | Pills or Insulin taken | Bedtime sugar | Notes— |  |
|-------|---------------------|-----------------------|-----------------------|--------------------------|------------------------|---------------------------|------------------------|---------------|--------|
| Oct 10| 95                  | 160                   | NPH                   | 101/165                  | -                      | 98/150                    | 110                    |               | Exercise|

Your healthcare provider will help you decide when to check your blood sugar. For example, you may need to check blood sugar in the morning before you eat (fasting), before meals, after meals, and/or at bedtime.

Check your blood sugar at the following times:

__________________________   _______________________   ______________________

__________________________   _______________________   ______________________
These things can change your blood sugar:
• What you eat
• How much you exercise
• When you take your diabetes medicine
• Stress, illness, and travel
• Some medicine, such as steroids or liquid medications that contain sugar

The range for good blood sugar readings is:
• Between 70 and 130 mg/dL before a meal.
• Less than 180 mg/dL two hours after a meal.

Ask your healthcare provider for your own blood sugar goals.

Your blood sugar range is _____________ mg/dL.