BLOOD SUGAR DIARY

MON Metformin 101 160 130 198 Metformin 1,000 mg 8am 10:10am 12:30 2:20pm 1,000 mg 6pm 8pm 10:10pm Comments:* Walked 30 minutes today - faster than last week. Ate a big plate of pasta for lunch.	Name:				Week							
MON 2 100 mg 2 1 1 1 1 1 1 1 1 1	My Blood Sugar Goals:		Waking Up:		Before Meals:		2 Hours After Meals:			Bedtime:		
2 / 10	Day / Date	Medication			Medication			Medication			Medication	Bedtime
2 10 1000 mg 8am 10xi0am 12:30 2:20pm 1000 mg 6pm 8pm 20 units 10pm	MON	Metformin	101	160		130	198	Metformin	122	176		135
Day / Date Medication Breakfast Medication Before 2 hr After Medication	2/10	1,000 mg	8am	10:10am		12:30	2:20pm		6 рт	8рт	20 units	10pm
MON	Comments:*	Walked 30	minutes t	oday -	faster than las	t week.	Ate a l	big plate of p	asta for	lunch.		
/ Comments: TUE	Day / Date	Medication			Medication			Medication			Medication	Bedtime
TUE	MON											
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^{*}Bring the diary page to your next diabetes-care appointment.