

BLOOD GLUCOSE LOG

PHONE: 910-332-3660 -- FAX: 910-762-0569 EMAIL: log@wilmingtonMFM.com to be EMAILED EVERY_SUNDAY

PATIENT NAME:			ATTN:			
Normal Values				Recommendations:		
 * Fasting 65 – 90 * 1hr after meal less than 130 (time starts with 1st bite) 				Carbs per Meal 35-45 grams Carbs per Snack 15-25 grams		
ГТ		1 1		1 1	1	
DATE	Insulin	Insulin	Insulin	Insulin	Insulin	
Fasting						
1hr after breakfast						
1hr after lunch						
1hr after dinner						
DATE	Insulin	Insulin	Insulin	Insulin	Insulin	
Fasting						
1hr after breakfast						
1hr after lunch						
1hr after dinner						
DATE	Insulin	Insulin	Insulin	Insulin	Insulin	
Fasting						
1hr after breakfast						
1hr after lunch						
1hr after dinner						