

Diabetes: Daily Self-Care

Self-Monitoring Blood Glucose testing ○ ○ ○

Recommendations for the best time of day to test your medicine, meal times and sugar control. Use the chart below to note your doctor's recommendation for checking. Your doctor may also suggest different goals, depending on your situation. You may want to make a copy of this chart to use on a weekly basis.

Time to Test:	Fasting, Before Breakfast	1-2 Hours After Breakfast	Before Lunch	1-2 Hours After Lunch	Before Dinner	1-2 Hours After Dinner	Bedtime	3 a.m.
Target Goal Ranges*	80 - 120	< 180	80 - 120	< 180	80 - 120	< 180	100 - 140	70 - 110
Doctor's Recommendation								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

*Blood glucose values are measured from blood samples obtained from the finger or other sites, as read on your blood glucose monitor. The target goals are based on recommendations from a panel of medical experts. Talk to your doctor about what changes to make if your blood sugar levels are not within this range.

