

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								
<p>*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.</p>								