



Mary & Dick Allen
Diabetes Center

(949) 764-8065

BLOOD GLUCOSE LOG

Patient Name: _____ Date of Birth: _____

Date	What was bedtime snack?	Fasting Before breakfast	What was breakfast?	1 Hour After breakfast	What was lunch?	1 Hour After lunch	What was dinner?	1 Hour After dinner
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Blood Sugar		< 95		< 140		< 140		< 140

Blood Sugar Target Goals: Before breakfast 60-94

1 hour after meals 139 or less (one hour from the beginning of the meal)

PATIENT LABEL

PS 3398 DIABETIC RECORD Rev 09/11/25

[3212]

