

You will need to record your blood sugar levels according to the testing pattern that you and your diabetes educator decide will work for you. Just because there are 8 spaces for each day doesn't mean that you need to test that much. Only check and record your blood glucose test results according to YOUR pattern.

## Daily blood glucose record

My before meal target \_\_\_\_\_

My target 2 hours after the meal \_\_\_\_\_

Date:	Breakfast		Lunch		Dinner		Bedtime	Night	Comments
	Before	2h after	Before	2h after	Before	2h after			

## All medications

Medication	Prescribed by	Dose	How often	Time of day	I take it for	Date started

## Vitamins, supplements and natural health products

Product name	Dose	How often	What I take it for