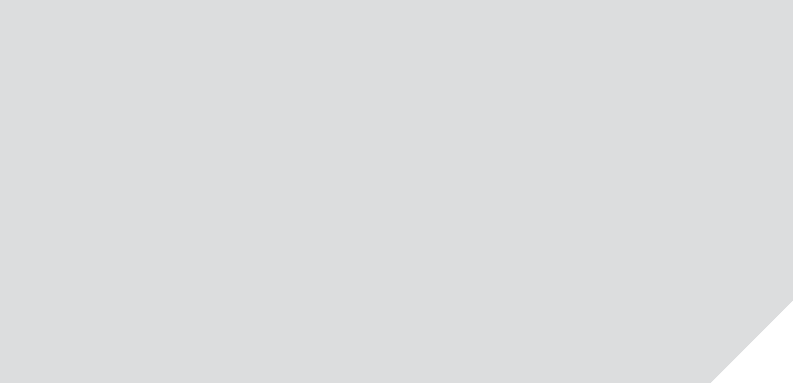


**My Blood Sugar Monitoring Basic Record Chart**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Time** | **Reading** | **Period before/**  **after food** | **Comments** |



Not everyone will need to monitor their blood sugar and people who do monitor their blood sugar might do so more or less frequently. We have provided two tables which you can fill in as and when you need – choose the table which is most useful for you.



For some people keeping a record of their blood sugar is a key tool to help their self management. You can keep this record and use it to discuss your blood sugar management with your Healthcare Team. In the comments section you might want to note your insulin dose or the carbohydrates you have eaten, or other things which you

think might have impacted on your blood sugar levels.



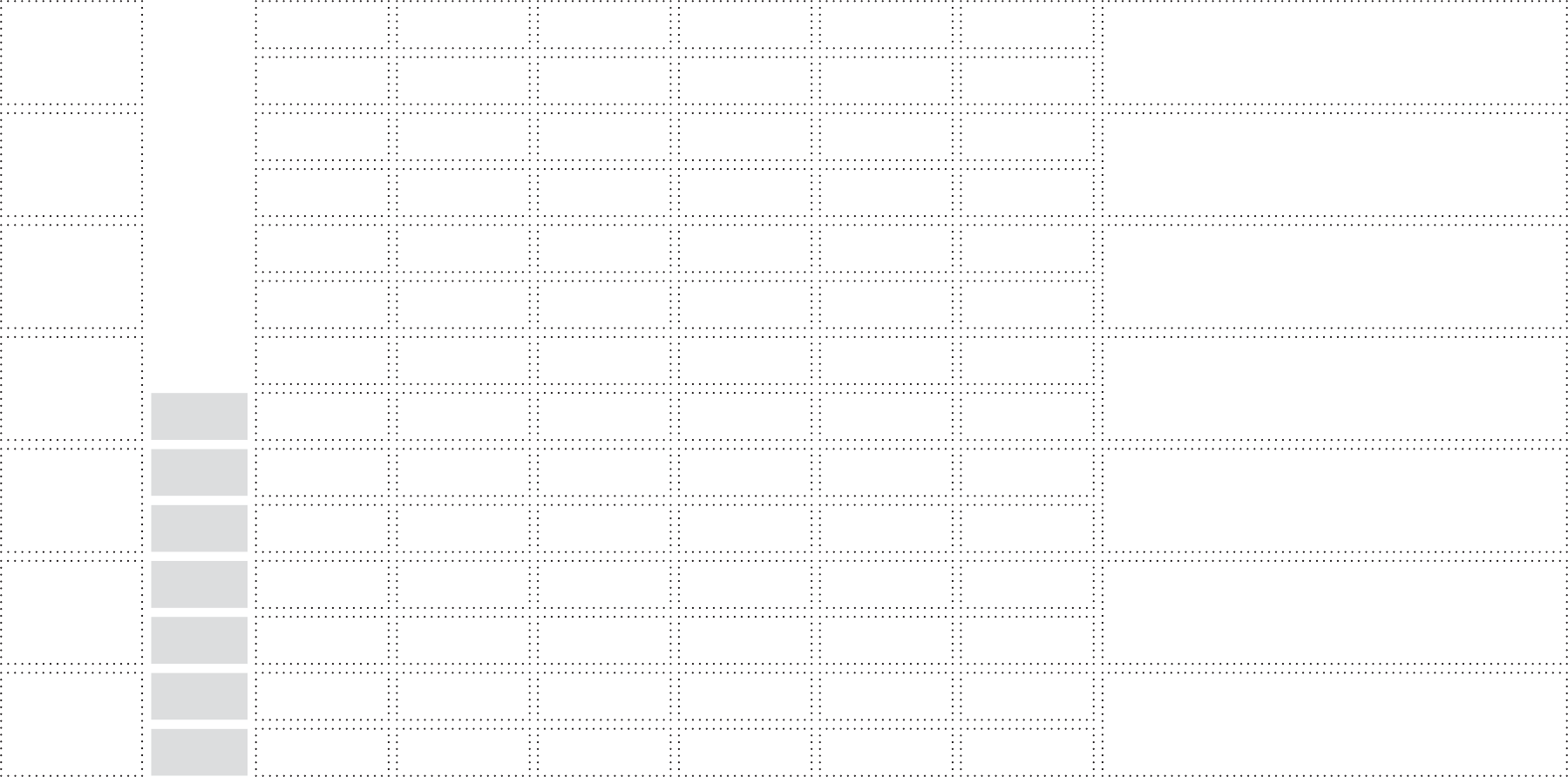
**Day-to-Day Record Chart**



Try to keep blood sugar levels between 4–7mmol/l before meals and less than 9.0mmol/l (Type 1) or 8.5mmol/l (Type 2) after meals, most of the time.



|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** |  | **Rise** | **2hrs after**  **breakfast** | **Before**  **lunch** | **2hrs after**  **lunch** | **Before**  **dinner** | **2hrs after**  **dinner** | **Comments** |



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**ReADiNG**

**Friday**

**TiMe**

**ReADiNG**

**Saturday**

**TiMe**

**ReADiNG**

**Sunday**

**TiMe**

**ReADiNG**

**TiMe**

**ReADiNG**

**TiMe**

**ReADiNG**

**TiMe**

**ReADiNG**

**TiMe**