

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	TIME							
	READING							
Tuesday	TIME							
	READING							
Wednesday	TIME							
	READING							
Thursday	TIME							
	READING							
Friday	TIME							
	READING							
Saturday	TIME							
	READING							
Sunday	TIME							
	READING							