## **My Blood Sugar Monitoring**



## **Basic Record Chart**



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.

Date	Time	Reading	Period before/ after food	Comments
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## **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							