Blood Sugar Graphing Chart Make 12 copies of this blank chart so you’ll have

a page for graphing each month of the year.

Month

1 2

Day of Week Greater than 300 mg/dL

3 4 5

6 7 8

9 10

11 12 13 14

15 16

17 18 19 20

21 22

23 24

25 26

27 28 29

30 31

260 mg/dL

220 mg/dL

180 mg/dL

Blood Sugar

140 mg/dL

100 mg/dL

Less than 60 mg/dL

Personal Notes/ Today’s Events

**Blood Sugar Goals: Before meals** – 70-130 mg/dL

**One - two hours after beginning of the meal** – Less than 180 mg/dL

Goals recommended by American Diabetes Association, Standards of Medical Care, Clinical Practice Recommendations 2009, Diabetes Care, 32: S13-61. Your health care provider may recommend different values for you.