

# 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 \_\_\_\_\_

Day of Week	1	2	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		
Greater than 300 mg/dL																																	
260 mg/dL																																	
220 mg/dL																																	
180 mg/dL																																	
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.