

# Your Blood Sugar Log

The goal range for your blood sugar level is:  
 4.0–7.0 mmol/L **before** meals  
 5.0–10.0 mmol/L two hours **after** meals

Test 4 to 7 times per week or as advised by your doctor or diabetes educator.

Date	Before Breakfast	2 hours after Breakfast	Before Lunch	2 hours after Lunch	Before Supper	2 hours after Supper	Before Evening Snack	Notes

Compare your meter to a laboratory blood glucose test at least once a year.

*This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*