

A blood glucose diary

BETACHEK® G5

Week of _____

My target blood sugar ranges are _____ mg/dL to _____ mg/dL before meals
 _____ mg/dL to _____ mg/dL 2 hours after meals



	Medication	BREAKFAST			Medication	LUNCH			Medication	DINNER			Medication	EVENTING
		BGL		Meal size		BGL		Meal size		BGL		Meal size		BGL
		Pre	Post	S/M/L		Pre	Post	S/M/L		Pre	Post	S/M/L		Before Bed
MON														
Time														
Comments														
TUE														
Time														
Comments														
WED														
Time														
Comments														
THU														
Time														
Comments														
FRI														
Time														
Comments														
SAT														
Time														
Comments														
SUN														
Time														
Comments														

BGL :Blood Glucose Level
S :Small
M :Medium
L :Large