PARKVIEW MEDICAL GROUP
an Affiliate of Monocacy Health Partners

Blood Sugar Goals:	
Before Meals	**70 to 130mg/dL**
2 Hours After Meals	**Less than 180mg/dL**
A1C	**7% or less**

BLOOD SUGAR JOURNAL

(240) 215-6310

PATIENT NAME: _____ **DATE OF BIRTH:** _____

Check and record your blood sugar as directed by your provider*

Date	**Breakfast** Indicate **B**= Before **A**= After	**Lunch** Indicate: **B**= Before **A**= After	**Dinner** Indicate: **B**= Before **A**= After	**Bedtime** Indicate: **B**= Before **A**= After	**Comments**

- **Bring this journal to ALL doctor appointments**
- **Know the signs of low blood sugar & how to treat it**
- **Take your diabetes medicine every day**
- **Reduce stress in your life**
- **Sleep 7-8 hours each night**
- **Have a plan for sick days**