

Sample Glucose Level Tracking Sheet

Target Blood Glucose Levels for People With Diabetes									
Before meals	70 to 130								
1 to 2 hours after the start of a meal	less than 180								
My Target Blood Glucose Levels									
Before meals	to								
1 to 2 hours after the start of a meal	less than								

Daily Diabetes Record				Week Starting						
	Other blood glucose	Breakfast blood glucose	Medicine	Lunch blood glucose	Medicine	Dinner blood glucose	Medicine	Bedtime blood glucose	Medicine	Notes: (Special events, sick days, exercise)
Mon										
Tues									_	
Wed										
Thurs										
Fri										
Sat										
Sun										



Center for Engineering & Occupational Safety and Health, and Occupational Health Strategic Healthcare Group, Office of Public Health (10P3) Veterans Health Administration, Department of Veterans Affairs www.publichealth.va.gov/employeehealth

VA/VHA Employee Health Promotion Disease Prevention Guidebook, July 2011