

# Blood Glucose Journal

Month/Year \_\_\_\_\_

Diabetes Forecast™

**ADA BLOOD GLUCOSE TARGETS**

Before breakfast: 70 to 130 mg/dl  
Two hours after meals: below 180 mg/dl

**MY TARGETS**

Before breakfast: \_\_\_\_\_  
Two hours after meals: \_\_\_\_\_

**MY DOCTOR**

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

DAY	BREAKFAST		LUNCH		DINNER		NIGHT	OTHER	OTHER	COMMENTS <small>(note exercise, illness, stress, special foods, or other factors that may affect your numbers)</small>
	Before	After	Before	After	Before	After				
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