

### YOUR BLOOD GLUCOSE CHECKING GUIDE

Ask your diabetes healthcare professional to mark the times on this two-week chart, or use the following guide to get started by checking at least twice a day.

**Check where you see the shaded area each day.**

This will allow you to see how your blood sugar changes throughout the day.

	<b>Before Breakfast</b>	<b>2 hours After Breakfast</b>	<b>Before Lunch</b>	<b>2 hours After Lunch</b>	<b>Before Dinner</b>	<b>2 hours After Dinner</b>	<b>Bedtime</b>
Sunday	Shaded	Shaded					Shaded
Monday			Shaded	Shaded			
Tuesday					Shaded	Shaded	
Wednesday	Shaded	Shaded					
Thursday			Shaded	Shaded			Shaded
Friday					Shaded	Shaded	
Saturday	Shaded	Shaded					
Sunday			Shaded	Shaded			
Monday					Shaded	Shaded	Shaded
Tuesday	Shaded	Shaded					
Wednesday			Shaded	Shaded			
Thursday					Shaded	Shaded	
Friday	Shaded	Shaded					Shaded
Saturday			Shaded	Shaded			

**Fasting Blood Sugar level = 4-7mmol/L. 2 hours after eating blood sugar level = 5-10mmol/L.**