

Name: _____ Month of _____

Date	Fasting (glucose)	Carbs for Breakfast (in grams)	After (glucose)	Snack (in grams)	Carbs for Lunch (in grams)	After (glucose)	Snack (in grams)	Carbs for Supper (in grams)	After (glucose)	Snack (in grams)	3:00am (glucose)	Comments
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Fasting Blood Glucose Goal: 70-94 mg/dl
 2 hours After Meals: less than 120 mg/dl
 1 hour After Meals: less than 140 mg/dl

Carb Limits
 Meals- B: _____ L: _____ D: _____
 Snacks- AM: _____ PM: _____ HS: _____