

FAMILY PRACTICE CLIFTON PARK

HbA1C Goal < 6.5

Fasting Sugar Goal < 100

Post Meal Sugar Goal < 140

BLOOD SUGAR RECORD

Patient: _____

Month: _____

*Take post meal sugars 2 hours AFTER meals

HbA1C _____

	Before	After		Before	After		Before	After		Bedtime		Blood
	Breakfast	Breakfast		Lunch	Lunch		Dinner	Dinner				Pressure
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												