

MONTH/YEAR:

NAME:

DIABETES GLUCOSE LOG

Dyron J. Jue, MD

T: (408) 280-0755

F: (408) 280-0652

	BREAKFAST		LUNCH		DINNER		BEDTIME	
	Before	After	Before	After	Before	After		
1								
2								
3								
4								
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	Typical Goal	Strict Goal	Normal	Low
A1C	< 7	< 6.5	≤ 5.6	
Fasting or premeal glucose	80-130	80-110	< 100	< 70
Postmeal glucose	< 180	< 160	< 140	

Premeal: 0-15 minutes before first bite of meal

Postmeal: 1-2 hours after first bite of meal