



Blood Glucose Journal

More information: <https://gizigo.id/blood-glucose-journal>

Blood Glucose Target (American Diabetes Association)

Pre-meal* **80-130 mg/dL** or ...

Post-meal (2 hours after)* **<180 mg/dL** or ...

Month

Year

Date	Breakfast		Lunch		Dinner		Night/Bedtime	Comments
	Pre	Post	Pre	Post	Pre	Post		(Write anything that affect your number, ex: consumption of certain food, exercise, illness, stress, and medication)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

* You can change your blood glucose target based on doctor recommendation



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21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
31								

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