

Blood Glucose Testing

Living Well with Your Health Conditions

Blood Glucose Target:

4.0 – 7.0 mmol/L – before meals and before bed

Test once daily, at alternating times:

Date	Before Breakfast	Before Lunch	Before Supper	4 Hours After Supper (Bedtime)	Comments
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					

DAY 1: Test Before Breakfast

DAY 2: Test Before Lunch

DAY 3: Test Before Supper

DAY 4: Test Before Bed (4 hours After Supper)

And repeat