

# Blood Glucose Testing

Living Well with Your Health Conditions

## Blood Glucose Target:

4.0 – 7.0 mmol/L – before meals

5.0 – 10.0 mmol/L – 2 hours after meals

Test twice daily, before and after a meal, alternating meals:

Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Supper	2 Hours After Supper
DAY 1						
DAY 2						
DAY 3						
DAY 4						

DAY 1: Test Before and 2 Hours After Breakfast

DAY 2: Test Before and 2 Hours After Lunch

DAY 3: Test Before and 2 Hours After Supper

**And repeat .....**