




# Diabetes Journal

**Ideal Blood Sugar Levels**  
 Before meals: 4 to 7  
 2 hours after meals: 5 to 10




Name: \_\_\_\_\_

Date	Before breakfast blood sugar	Breakfast foods eaten 	2 hour blood sugar	Snack (if eaten)	Before lunch blood sugar	Lunch foods eaten 	2 hour blood sugar	Snack (if eaten)	Before supper blood sugar	Supper foods eaten 	2 hour blood sugar	Evening blood sugar	Evening snack eaten	Exercise today and notes (such as illness, stress, special events, etc.)
Average														

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