

Blood Glucose and Medicine Tracker

My Goals	Between 70 and 130 mg/dL*	<180 mg/dL*	Between 70 and 130 mg/dL*	<180 mg/dL*	Between 70 and 130 mg/dL*	<180 mg/dL*			
Date	Before Breakfast	1–2 Hours After Breakfast	Before Lunch	1–2 Hours After Lunch	Before Dinner	1–2 Hours After Dinner	Before Bed	Exercise	Notes

*The American Diabetes Association recommends these goals for many adults with diabetes. Your doctor may suggest different goals.

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