



Name: _____

Blood Glucose/ Insulin Log

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	Breakfast		Lunch				Dinner		Bedtime	
	Before	2 Hours After	Before	2 Hours After	Before	2 Hours After	Before	2 Hours After	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:
Date	Glucose: Insulin:	Glucose:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose: Insulin:	Glucose:	Insulin:

Blood glucose goals:
 Before meals= 70-130
 2 Hrs after meals= under 180

Call your diabetes team if you have high or low glucose levels frequently!