BLOOD SUGAR LOGBOOK (CANADIAN UNITS – mmol/L)

Self-Monitoring Blood Glucose (SMBG)

Blood Glucose Target	Normal Range	For Diabetes patients
Fasting/ before meal	4.0 — 6.0 mmol/L	4.0 — 7.0 mmol/L
1 ½ - 2 hours after meal (From the 1st bite of food taken)	5.0 — 8.0 mmol/L	5.0 — 8.0 mmol/L or 5.0 — 10.0 mmol/L (for some patients)

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Date/ Day	Breakfast Blood Sugar		Notes (Meds/ food/activity/ **Insulin dose)**	Lunch Blood Sugar		Notes (Meds/ food/activity/ **Insulin dose)**	Dinner Blood Sugar		Bedtime	Notes (Meds/ food/activity/ **Insulin dose)**
	Before	After		Before	After		Before	After		