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**DIABETES DAILY BLOOD SUGAR LOG**

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[Cite your source here.]

Most Diabetic patients will test their blood sugars 2-4 times per day. If one tests 2 times per day then we recommend testing before breakfast and two hours after dinner. Ideal reading fasting before breakfast should be 80-110. Ideal reading 2 hours after dinner should be 110-140. Diet, exercise, and medications are the mainstay of Diabetes treatment. Your A1C is a measure of your overall Diabetic control and recommended to be less than 6.5.

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| Date | Before Breakfast | Before Dinner | 2 HRS After Dinner | Bedtime | Medications |
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