

# Glucose (blood sugar) levels record

Instructions: Record blood glucose level at meals and bedtime. Record insulin dose if taken. Please bring this chart to all doctor appointments.

Chart Date: \_\_\_ / \_\_\_ / \_\_\_ A1c: \_\_\_ Patient name: \_\_\_\_\_

Blood glucose reading / Insulin dose taken	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Bedtime							
Snack							

Sliding scale of blood glucose levels for insulin dose: Your doctor should fill in the insulin dose for each level below.

70-140 \_\_\_\_\_ units

141-180 \_\_\_\_\_ units

181-220 \_\_\_\_\_ units

221-260 \_\_\_\_\_ units

261-300 \_\_\_\_\_ units

301-340 \_\_\_\_\_ units

341-400 \_\_\_\_\_ units

and **Notify your doctor immediately.**

# Glucose (blood sugar) levels record

Instructions: Record blood glucose level at meals and bedtime. Record insulin dose if taken. Please bring this chart to all doctor appointments.

Chart Date: \_\_\_ / \_\_\_ / \_\_\_ A1c: \_\_\_ Patient name: \_\_\_\_\_

Blood glucose reading / Insulin dose taken	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Bedtime							
Snack							

Sliding scale of blood glucose levels for insulin dose: Your doctor should fill in the insulin dose for each level below.

70-140 \_\_\_\_\_ units      141-180 \_\_\_\_\_ units      181-220 \_\_\_\_\_ units      221-260 \_\_\_\_\_ units

261-300 \_\_\_\_\_ units      301-340 \_\_\_\_\_ units      341-400 \_\_\_\_\_ units and **Notify your doctor immediately.**