



# DENVER INDIAN HEALTH AND FAMILY SERVICES

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## 4 Week Blood Glucose Log

My Home Monitoring Plan: \_\_\_\_\_

Week of:	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Lunch														
Dinner														
Bedtime														

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Lunch														
Dinner														
Bedtime														

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Lunch														
Dinner														
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Breakfast														
Lunch														
Dinner														
Bedtime														

**TARGETS** Fasting Blood Sugar: 80 - 130 mg/dL | 2 hours after meals: <180 md/dL