CREDIT·VALLEY
Équipe de Santé Familiale · Family Health Team

Blood Sugar and Insulin Logbook

Name: _____

Diabetes Educator: _____

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Target range*	
Fasting and Before Meals (mmol/L)	**2 - 3 hours After Start of Meals (mmol/L)**
4.0 – 7.0	5.0 – 10.0

Date	Breakfast			Lunch			Dinner			Bedtime		Notes
	Before	After	Dose	Before	After	Dose	Before	After	Dose	Before	Dose	

*Source: Diabetes Canada Clinical Practice Guidelines 2018