

Your Blood Glucose Profile

Use the following table to plot your blood glucose profile.
Then ask yourself the questions below it.

My Daily Glucose Results

Day 1

When Tested	Time of Day	Blood Glucose Level (mg/dL or mmol/L)
First thing in the morning (before eating or taking medicine)		
Before a meal		
2 hours after lunch or dinner		
Before exercising		
After exercising		

Day 2

When Tested	Time of Day	Blood Glucose Level (mg/dL or mmol/L)
First thing in the morning (before eating or taking medicine)		
Before a meal		
2 hours after lunch or dinner		
Before exercising		
After exercising		

Questions to Ask Yourself

- Are your blood glucose levels within the recommended range?
- Are any of your numbers under or over your recommended target?
- Do you notice any daily pattern(s)?
- Are there specific times during the day that your glucose is lower than your target range?
- Are there specific times during the day that your glucose is higher than your target range?
- Can you think of any reasons why your blood glucose levels change as they do?