

## 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)
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)
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

- Was your blood sugar within the recommended range?
- Are any of your numbers under or over your recommended target?
- Do you notice any daily pattern?
- Are there times during the day that your glucose is lower than target range?
- Are there specific times during the day that your glucose is higher than target range?
- Can you think of any reasons why your blood glucose acted as it did?
- What could you do to help keep your blood glucose levels in range?