Name _____ **Date of Birth _____**

Glucose (Blood Sugar) Diary

If you have **high blood glucose**, make notes in your diary and talk with your health care team about possible changes to your meal plan, physical activity, or diabetes medications.

Low blood glucose occurs when your blood glucose level drops below 70 mg/dl. Symptoms include:

- Hunger
- Nervousness and shakiness
- Sweating
- Light-headedness or confusion
- Sleepiness

If you think your blood glucose is too low, check it. If it's 70 mg/dl or less, have one of these items right away:

- 2 to 5 glucose tablets
- ½ cup (4 ounces) of fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 to 7 pieces of hard candy
- 2 teaspoons of sugar or honey

After 15 minutes, check your blood glucose again. If it's still below 70 mg/dl, have another serving. Repeat these steps until your blood glucose is at least 70 mg/dl.

My blood glucose targets:

Before meals: _____ to _____ 2 hours after the start of a meal: Less than _____

For Diabetes information: Contact the American Diabetes Association at 1-800-DIABETES (342-2383) or visit diabetes.org

Date	Fasting	2 hours after meal	What you ate and how much

Name _____ **Date of Birth _____**

Date	Fasting	2 hours after meal	What you ate and how much