Self-Monitoring Blood Glucose (SMBG) Test Results

Blood Glucose Target	Normal Range	For some diabetes
Fasting/ before meal	4.0 - 6.0 mmol/L	4.0 - 7.0 mmol/L
1 ½ - 2 hours after meal (From	5.0 - 8.0 mmol/L	5.0 - 10.0 mmol/L
the 1 st bite of food taken)		

Please record possible causes (i.e. meds, food, intake, exercise, illness, stress, etc.) when blood sugar level is out of target range.

Date	Break	xfast	Lur	ıch	Dinner		Bed-	Notes (Meds/
	Before	After	Before	After	Before	After	time/ 3AM	food/activity/ illness, etc)
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