

Blood Sugar Tracking Form

Instructions: **Follow this link** to purchase a *FreeStyle Lite* blood glucose meter. The page will direct you to one of the many pharmacies that offer this meter, or you can buy online. Once you get it, test your blood sugar over a period of three days (does not need to be consecutive) as follows:

- First thing in the morning, after at least 12 hours of fasting, before breakfast
- Just before lunch (no food between breakfast and lunch)
- 45 minutes after you finish *your last bite* of lunch
- 1 hour after that (no food in between)
- 1 hour after that (no food in between)

Use this form to record what you ate for lunch on those days, as well as how you felt. For reference, the target ranges for healthy blood glucose levels are as follows:

- **Fasting:** 75 - 85 mg/dl
- **1 hour post meal:** < 140 mg/dl
- **2 hours post meal:** < 120 mg/dl
- **3 hours post meal:** 75 - 85 mg/dl

Note: Post-meal (also called postprandial) blood glucose values are based on specific time intervals after you *start* eating. You will compare the measurement that you take 45 minutes after your *last bite* of lunch to the one hour post-meal target of < 140 mg/dl. One hour after that, you will compare your value to the target for two hours post meal (< 120 mg/dl).

DAY ONE			
# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			

DAY TWO			
# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			

DAY THREE			
# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			