

Family Health Team

SFHT Primary Care Diabetes Support Program

Blood Glucose Pattern Management Journal

Date	Before B'fast Test (5-7)	Morning Meds Food	2 hr after B'fast test (<10)	Before Lunch Test (5-7)	Lunch Meds Food	2 hr After lunch Test (<10)	Before Supper Test (5-7)	Supper Meds Food	2 hr After Supper Test (<10)	Bed-time Test (7-8)	Bedtime Meds Food
*Hypos?											
Recommendations:											
Meds											
Meals											
Activity											
Blood Sugar Testing											