## Blood Glucose Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Blood Glucose Before Breakfast</th>
<th>Blood Glucose Before Lunch</th>
<th>Blood Glucose Before Dinner</th>
<th>Blood Glucose Before Bedtime</th>
<th>Insulin Type and Number of Units</th>
<th>Insulin Type and Number of Units</th>
<th>Insulin Type and Number of Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1</td>
<td>8:00 a.m. 125</td>
<td>11:30 a.m. 175</td>
<td>5:30 p.m. 145</td>
<td>9:00 p.m. 130</td>
<td>Lispro 5</td>
<td>Lispro 7</td>
<td>Glargine 15</td>
</tr>
</tbody>
</table>

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**Example Only**

Place Patient Sticker Here
Questions?
Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Target Blood Glucose
Your target blood glucose range before meals is _____ to _____ .
Your target blood glucose range before bedtime is _____ to _____ .

Follow-up Visit
Have a follow-up visit in _____ weeks. Please call to schedule this appointment.
Your follow-up appointment will be at this clinic:
_____________________________ Phone: ______________________

When you make your appointment, write down the time and date here:
My follow-up appointment is:
on ___________________________ (day, date)
at ________________________________ a.m. / p.m.

Bring this “Blood Glucose Log” and your blood glucose meter with you to your follow-up visit.