

PROVIDENCE WOMEN'S CLINIC BLOOD GLUCOSE LOG



Date	Fasting	After Breakfast	After Lunch	After Dinner	Comments

Recommended Blood Sugar Target Levels		My Blood Sugar Targets
Before first meal upon awakening	60 to 95 mg/dL	
2 hours after start of each meal	120 mg/dL or lower	
1 hour after start of each meal	140 mg/dL or lower	

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