

# Monthly Blood Glucose Diary

Name:

Month:

for Dr M Wagenaar

	Pre Breakfast	2hr After Breakfast	Pre lunch	2hr After Lunch	Pre Lunch	2 hr After Dinner	Comments
1							
2							
3							
4							
5							
6							
7							
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24							
25							
26							
27							
28							
19							
30							
31							

## Bgl GOALS for Type 1 and 2 Diabetes

Ideal	4 to 6	less than 8	4 to 7	less than 8	4 to 7	less than 8
Good	under 7	< 10		<10		<10

Dr M Wagenaar

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