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Date	Time	Before Meal	Glucose	Notes

Monitoring your blood sugar (blood glucose) levels is crucial to adequately control your diabetes. Checking blood sugar will help you learn how food, exercise, stress, and medications change your blood sugar. This information will help you stay healthy and prevent or delay diabetic complications such as blindness and kidney failure.

Write down the results above along with some notes about what you have eaten, when you took medications, and your physical activity that day. This will help you see how these things affect your blood sugar. It is important to monitor your blood sugar on a regular basis. Unless your physician instructs you otherwise, you should begin by checking your blood sugar twice a day: before breakfast and before supper. After your blood sugars are under good control, you may be able to cut back to measuring your blood sugar levels two or three times per week.

Please schedule a "diabetes follow-up" with your physician as directed. You will probably be asked to come in to have your blood drawn and then return a couple of days later for an office visit with the physician.