Blood Glucose & Insulin Record

Adonai Diabetes & Endocrinology Center, Inc.
Dr. Samuel L. Abbate MD, CDE
3331 E. Meridian Park Loop Wasilla, AK 99654
Phone: (907) 357-2332 Fax: (907) 357-2344 help@adecteam.org

B= Before Meal
Goal (Pre-meal): 70-130 gm/dL pre-meal

A = After Meal (2 hours post beginning of meal)
Goal (2-hours after the meal): under 180 mg/dL

Month: ______________________________

	Breakfast		Lunch		Dinner		Bedtime		Comments
Date	Glucose	Insulin	Glucose	Insulin	Glucose	Insulin	Glucose	Insulin	