



**Self-Monitoring  
Blood Glucose System**

**SELF-TEST LOG BOOK**

# Log Book Date

From \_\_\_\_\_ To \_\_\_\_\_

Name

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Address

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Home Tel.

Office Tel.

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Doctor

Tel.

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Diabetes educator

Tel.

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Pharmacy

Tel.

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Insulin/Pills

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In case of emergency contact

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## Self-Monitoring Blood Glucose System

Target blood sugar ranges for someone without diabetes are:

### **Fasting and before meals**

< 100 mg/dL

### **2 hours after meals**

< 140 mg/dL

Source by:

American Diabetes Association: *Diabetes Care* 34 (Supp. 1) S66, 2011.

Krall, LP, and Beaser, R.S.: *Josilin Diabetes Manual*.

Philadelphia: Lea and Febiger (1989), 138.