

# Self Checks of Blood Glucose

Record your targets and the date, time, and results of your checks. Take this card with you on your health care visits. Show it to your health care team.

Before meals: Usual goal 70 to 130 My Target: _____	1-2 hours after meals: Usual goal below 180 My Target: _____	Bedtime: Usual goal 110-150 My Target: _____