Westfield Family Physicians
Glucose Home Monitoring Log

Name: _____ Goal before meals: _____Goal 2 hrs after meal _____

Day																					
240																					
230																					
220																					
210																					
200																					
190																					
180																					
170																					
160																					
150																					
140																					
130																					
120																					
110																					
100																					
90																					
80																					
70																					
60																					
50																					

Check your blood sugar as suggested by your doctor. Your goals are listed at the top of this sheet. You can use this sheet for fasting or 2 hr after eating results. Use an X to mark a result after eating, and a dot to mark a fasting result. If you get more than 3 unexplained readings above 220, please call our office. Please bring this sheet to your next appointment. Remember to use these numbers to help you learn how to adjust your diet and exercise to reach your blood sugar goals.

Questions-call 326-4678 (Westfield Office)
761-6144 (Sherman Office)