Geauga Family Physicians Blood Sugar Log

By recording your blood sugar readings and sharing them with your doctor, you can both get a better idea c									
how your treatment plan is working and if it should be adjusted.	Blood Glucose Targets								
Week of/to/	Before Breakfast: 70 to 130 mg/dl Two hours after meals: Below 180 mg/dl My A1C level is My A1C goal is								
Patient's Name:									
Date of Birth:/ Doctor's Name: (Dr. N	loritz)(Dr. Urbancic)(Dr. Carlson								
Geauga Family Physicians Contact Info : Phone (440) 286 – 6155	FAX (440) 286 – 6156								

13221 Ravenna Road Suite 8 Chardon, OH 44024

		Breakfast		Lunch		Dinner			
Date	Day	Before	After	Before	After	Before	After	Bedtime	Comments: (Note exercise, illness, stress or other factors that may affect your numbers.)
	Sun.								
	Mon.								
	Tues.								
	Wed.								
	Thurs.								
	Fri.								
	Sat.								
	Sun.								
	Mon.								
	Tues.								
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