SELF-MONITORING BLOOD SUGAR RECORD

Patient Name: _____

EMPI: _____

DOB: _____

DIABETIC GOALS

Blood Pressure: ≤130/80	Target Blood Sugars: 80-120 AM Blood Sugars <100 (Goal)	A1C: <7%
LDL Cholesterol: <100 HDL: >35	Tryglycerides: <150	
Annual influenza vaccine Pneumococcal vaccine every 5 years	Annual foot & eye exams	Daily foot self-checks

Date: Time:	Before Breakfast	Before Lunch	Before Supper	Bedtime	Comments :	Blood Pressure, Pulse & Weight