Blood Sugar Monitoring Chart

Daily Record for Patients

This chart is designed to help patients monitor their daily blood sugar levels. Please fill in the values for each time slot as indicated below. Recording these readings regularly will assist your doctor in managing your diabetes effectively.

Date	Fasting Sugar	2 Hr Post Breakfast	Before Lunch	2 Hr Post Lunch	Before Dinner	2 Hr Post Dinner	Morning 4 AM Value

Instruction:

- *Write the date in the first column.*
- *Record your fasting sugar first thing in the morning before eating or drinking anything.*
- *Measure your blood sugar two hours after breakfast, lunch, and dinner respectively.*
- *Take readings before lunch and dinner*
- *If possible, check and record your blood sugar at 4 AM in the morning.*
- *The targets to maintain euglycemia as per Indian (FOGSI/DIPSI) guidelines are:*

Fasting Blood Sugar (FBS): < 95 mg/dL

1-Hour Postprandial (1h-PP): < 140 mg/dL

2-Hour Postprandial (2h-PP): < 120 mg/dL

Consult your doctor if any readings are outside the recommended range.

By Dr. Neha Singhania