

Salt Lake City Office
801-743-4700

Ogden Office:
801-479-4266



Timpanogos Office:
801-225-1937

Idaho Falls Office:
208-528-2925

Blood Sugar Goals

Fasting: 70-95

1 hr: <140

2hr: <120

Date	EGA	Fasting	1hr after breakfast	Before lunch	1hr after Lunch	Before dinner	1hr after Dinner	Bedtime	Notes/ Extra blood sugar

Med:	AM	Lunch	Dinner	Bedtime
Insulin: Clear> (Fast)				
NPH> (cloudy/ slow)				
Metformin				
Glyburide				

Med:	AM	Lunch	Dinner	Bedtime
Insulin: Clear> (Fast)				
NPH> (cloudy/ slow)				
Metformin				
Glyburide				

Name: _____