



● Blood Sugar  
Diary



# ● Tracking Your Blood Sugar



## Why It's Important.

Your blood sugar level tells you how much sugar is in your blood at any moment. Tracking your blood sugar can help you see how food, exercise and medication impact your diabetes, and can help you see if your treatment plan is working.

**Use this tracker** to track your blood sugar and bring it to your next appointment. Your doctor will make adjustments to your treatment plan, if needed.

### ADA recommendations for blood sugar levels for most people\* with diabetes

#### Fasting Blood Sugar

(when you first wake up)



Plasma glucose

**80-130** mg/dL

#### After Meal Blood Sugar

(1-2 hours AFTER starting a meal)



Plasma glucose

**<180** mg/dL

\*Most non-pregnant adults



“One of the keys to managing diabetes? Tracking your blood sugar.”

— Alissa, TeamingUp Coach

# Blood Sugar Tracker

Week of: \_\_\_ / \_\_\_ / \_\_\_\_\_ to \_\_\_ / \_\_\_ / \_\_\_\_\_

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Target before meals: \_\_\_\_\_ mg/dL

Target 1-2 hours after meals: \_\_\_\_\_ mg/dL

### Dinner

Medication	Blood Sugar		Meal
	Pre-Meal	Post-Meal	Food/Carb

### Bedtime

Medication	Blood Sugar

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	Pre- Meal	Post- Meal	

### Bedtime

Medication	Blood Sugar
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## Ask Your Doctor:



### Is my treatment plan working as well as it could be?

Diabetes can change over time and that means your treatment plan may need to change, too. Ask your doctor if there are any adjustments you should make.



### What are my target blood sugar ranges?

You and your doctor will work together to set a target for you. Be sure to discuss your numbers during every visit. The American Diabetes Association recommends the following for most adults.\*



#### Fasting Blood Sugar

When you first wake up

Plasma glucose  
80–130 mg/dL



#### After Meal Blood Sugar

(1-2 hours AFTER starting a meal)

Plasma glucose  
<180 mg/dL



### What is the best way for me to work towards my goals?

Talk to your doctor and ask how you can:

- Plan your meals
- Be active
- Take your medication

\*Most non-pregnant adults



For more ways to start the conversation, visit

**[TeamUpforDiabetes.com](https://www.TeamUpforDiabetes.com)**



## Curious about continuous glucose monitoring?

Continuous glucose monitoring (CGM) is a way to track blood sugar levels throughout the day and night. It's a wearable technology that allows for frequent measures to be taken throughout the day/night instead of a fingerstick like a Blood Glucose Meter which gives you a single reading at a moment in time. Your doctor may have more information about whether adding this technology approach is right for you.

## Why TeamingUp?

When it comes to your diabetes care, it may help to know you are not alone. It also may help to know whom to turn to for support when you need it. After all, managing your diet, exercise, and blood sugar monitoring, while staying on top of your appointments, treatment, and changes in your overall diabetes management plan can be overwhelming.

TeamingUp for Diabetes offers support and resources, built on the experiences of TeamingUp Champions and Coaches. And remember to always talk to your doctor before making changes to your meal or activity plans.

**Sign up for our monthly email newsletter to get tips, recipes and more!**



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