

Blood Sugar Monitoring

What should my blood sugar target numbers be?

The American Diabetes Association suggests the following targets for most adults:

Before you have a meal: 80 to 130

2 hours after the start of your meal: 180 or less

- Your targets may be different depending on how long you have had diabetes, how old you are, and what other medical conditions you have.
- If you are pregnant, ask your provider for your targets.
- Be sure to tell your health care provider if your blood sugar levels often go above or below your target range.

Will my blood sugar numbers change throughout the day?

Yes! Your blood sugar numbers will change throughout the day. It is very important to test your blood sugar at different times of the day. Your provider may want you to test once a day or several times a day.

When should I check my blood sugar?

- When you feel that your blood sugar may be low or high
- Before any meal
- After any meal
- Before and after a meal some days
- Check more often when you are sick
- Before and after exercise sometimes
- Before you go to sleep

Sample Blood Sugar Testing Schedules

This is what **once a day** testing might look like:

Date	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Notes
Monday	○						
Tuesday						○	
Wednesday			○				
Thursday		○					
Friday					○		
Saturday			○				
Sunday	○						

This is what testing **twice a day** might look like:

Date	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Notes
Monday	○	○					
Tuesday			○	○			
Wednesday					○	○	
Thursday	○		○				
Friday		○				○	
Saturday	○				○		
Sunday	○			○			