Diabetes Endocrine Nutrition Management and Research Centre (DENMARC)

Dr.(Prof) H. B. Chandalia M.D.,F.A.C.P

Dr.S.H.Chandalia M.D.(USA)

Name : _____ Reg. No. _____

Blood Sugar test by : _____

Suggested Targets	**Good**	**Fair**	**Poor**
Fasting & Pre Meal			
2 hrs. Post Meal			

Date	**TIME OF BLOOD TEST**							**Hypoglyce-mia time**	**Dose of Insulin or oral Drugs**	**Weight (kg)**	**BP**
	Before Breakfast	**2hrs after Breakfast**	**Before Lunch**	**2hrs after Lunch**	**Before Dinner**	**2 hrs. after Dinner**	**3 A.M.**				