VIGILANT HEALTH®

Blood Glucose Log

Fax: 601-939-9924 **EMAIL: office@vigilant-health.com** **Clinic:** ____________________________

Name:	**Preferred Phone:**	**DOB:**	
Email:		**Goal before meal:**	**80-120**
Medication:		**Goal 2 hours after meal:**	<140 good < 160 ok >180 too high

DATE	BREAKFAST		LUNCH		DINNER		BEDTIME	EXERCISE MINUTES	COMMENTS
	BEFORE	2hr. After	BEFORE	2hr. After	BEFORE	2 hr. After			