

DAY 1Date:
_____**Hours/
Minutes in
This Range
Today****What I Was Doing
When My Blood Glucose
Was in This Range****What I Can Do
Differently During
Out-of-Range Times****Below
54 mg/dL****Below
70 mg/dL****70 to
180 mg/dL****Above
180 mg/dL****Above
250 mg/dL**