

Blood Pressure Log

for

Medications: _____

Goal blood sugar before meals is: **90-130** mg/dl. Goal a1c (3 mo avg of bs) is **< 7.0%**

Goal blood pressure is: **< 130/80**

Check all blood sugars *before* meals and at bedtime.

Date (Month)	Breakfast	Lunch	Dinner	Bedtime
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