


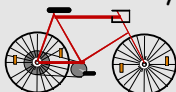



Name: _____

Discovery Record Form

Date	Fasting Blood Sugar (FBS)	 Breakfast foods eaten	1-2 hr blood sugar	Before lunch blood sugar	 Lunch foods eaten	1-2 hr blood sugar	Before Dinner blood sugar	 Dinner foods eaten	1-2 hr blood sugar	Bed- time blood sugar	* 3am blood sugar	 Exercise today	 Special comments
AVG													

* If you suspect or experience lows in the night
Recommended average blood sugar targets: - before meals, less than 110 mg/dl
- 2 hours after meals, less than 140 mg/dl