Glucose Intake Sheet

Goals for blood glucose

Before breakfast (fasting): Less than 95

1 hour after meals: Less than 1402 hours after meals: Less than 120

Name:
Date of Birth:
Due Date:
Phone Number:

DATE	Before breakfast	1h or 2h after breakfast	1h or 2h after lunch	1h or 2h after dinner

Medication or Insulin:

- If blood glucose is less than 60, drink a small cup of milk (6 oz)
- If blood glucose is more than 200, call the office

WOMEN'S HEALTH CONSULTANTS

• Please circle (or note) whether post-meal glucose is 1h or 2h

Thease effect (of flote) whether post-fleat glacose is first 2

Please fax or email results on MONDAY mornings

Fax to: 773-797-2884 attn: WHC Email: support@whcchicago.com

58 East Walton Street | Chicago, IL 60611 Phone: 312-997-2229 | Fax: 773-797-2884 www.WHCChicago.com