

Morning Blood Sugar Chart

Patient Name:

Date of Birth:

Contact Information:

Diagnosis (if available):

☐ Prediabetes

☐ Diabetes

Additional Notes:

BLOOD SUGAR LEVELS FOR DIAGNOSIS (Before Breakfast)

Patients without Diabetes	Patients with Diabetes
100 mg/dL (5.5 mmol/L)	126 mg/dL or lower (7.0 mmol/L)

Target Blood Sugar Levels Upon Waking

Type 1 Diabetes	Children with Type 1 Diabetes
90-126 mg/dL (5 to 7 mmol/L)	72-126 mg/dL (4 to 7 mmol/L)

Target Blood Sugar Levels Before Breakfast

Type 1 Diabetes	Type 2 Diabetes	Children with Type 1 Diabetes
72-126 mg/dL (4 to 7 mmol/L)	72-126 mg/dL (4 to 7 mmol/L)	72-126 mg/dL (4 to 7 mmol/L)

Tracking Blood Sugar

Date and Time	Result	Result Interpretation
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		
Date: Time:		