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| NAME (FIRST & LAST):      **GOALS FOR BLOOD SUGARS**  **INSTRUCTIONS: Check your blood sugar 4 times per day, before breakfast[[1]](#footnote-1) and 1 hour after starting each meal** | Before meals below < 5.3  1 hour after meal below < 7.8  2 hours after meal below < 6.7\* |

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| **DATE** | **KETONES**  **(TEST URINE BEFORE BREAKFAST1)** | **BREAKFAST** | | | | **LUNCH** | | | | **SUPPER** | | | |  |
| **BEFORE** | | **1 HOUR AFTER** | | **BEFORE** | | **1 HOUR AFTER** | | **BEFORE** | | **1 HOUR AFTER** | |
| **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** |  |
| EXAMPLE | NEGATIVE | 7:05am | 5.3 | 8:05am | 7.6 |  |  | 1:00pm | 5.6 |  |  | 7:00pm | 6.9 |  |
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| **TOTAL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| \***AVERAGE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

\* TO GET AVERAGE: Add all the results in each column. Divide this number by the number of results to get the average.

Please remember to calculate averages before you send us your records - thank you!

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| **DATE** | **KETONES**  **(TEST URINE BEFORE BREAKFAST1)** | **BREAKFAST** | | | | **LUNCH** | | | | **SUPPER** | | | |  |
| **BEFORE** | | **1 HOUR AFTER** | | **BEFORE** | | **1 HOUR AFTER** | | **BEFORE** | | **1 HOUR AFTER** | |
| **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** | **TIME** | **RESULT** |  |
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| **TOTAL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| \***AVERAGE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

\* TO GET AVERAGE: Add all the results in each column. Divide this number by the number of results to get the average.

Please remember to calculate averages before you send us your records - thank you!

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1. Before breakfast means checking within 15 minutes of waking after not having any food for 10 hrs. [↑](#footnote-ref-1)