



Name: _____

*Target for Good Diabetes Control

Test	Target
 Before glucose before meal	4.0 to 7.0 mmol/L
 Blood glucose 2 hours post-meal	Below 10.0 mmol/L

*Reference: MOH Singapore Clinical Practice Guidelines Diabetes Mellitus (1/2014). Blood glucose values pertaining to capillary blood sample.

What do I want to learn?			
Day	Before	2 Hours After	Change
1			
2			
3			

Notes:

What do I want to learn?			
Day	Before	2 Hours After	Change
1			
2			
3			

Notes:

Note:

1. Please consult your healthcare professional before making any therapy changes, and ask what your target range should be.
2. You are encouraged to discuss the learning from this tool with your healthcare professional for professional advice in food choices, exercise routine, etc, to see what works best for you.

What did I learn?

What can I do next



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