

# Blood Sugar Testing Times Form

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

If you have diabetes, talk with your health professional (if you haven't already) about how often you need to test your blood sugar level. Use this form to record the times that you should test and when to call your health professional for blood sugar problems. Post the completed form in a convenient place to remind yourself when you should test your blood sugar.

I need to test my blood sugar \_\_\_\_\_ times a day.

## The times to test each day are:

Before breakfast.

After breakfast.

Before lunch.

After lunch.

Before dinner.

After dinner.

At bedtime.

Before exercise.

When I think I might have low blood sugar.

After treating low blood sugar.

When I think I might have high blood sugar.

After treating high blood sugar.

Before driving.

Other times

I need to test my blood sugar  
at these other times when I am ill:

I need to call my health  
professional if my blood  
sugar is below:

I need to call my health  
professional if my blood  
sugar is above:

Other questions about  
blood sugar testing:



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