MONTH	DATE		
BLOOD GLUCOSE (mmol/L) — Too High Hyperglycaemia: 22, 20, 18, 16, 14, 12, 10			
Ideal Range: 8, 6, 4			
Too Low "Hypo": 2			
ACTUAL VALUE			
TESTING TIME	am pm	am pm	am pm
INSULIN			

DATE			
24, 22, 20, 18, 16, 14, 12, 10			
8, 6, 4			
2, 0			
am pm	am pm	am pm	am pm

SYMPTOMS OF LOW BLOOD GLUCOSE INCLUDE:
• Shaky • Sweaty • Irritable • Anxious • Numbness/tingling of lips • Inability to think clearly • Treat promptly

TEST RESULTS