Clapham Family Practice

Diabetes Tracking Form

Record Your Readings

If you have been asked to monitor your blood sugar levels, please record your readings in the form below. You can then input the values onto the form on our website at https://claphamfamilypractice.co.uk/health-conditions/diabetes/

Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Evening Meal	2 Hours After Evening Meal	Before Bed

How to take blood sugar levels:

- Wash and dry your hands well (food and other substances can give you an inaccurate reading).
- Insert a test strip into your meter.
- Prick the side of your fingertip with the needle (lancet) provided with your test kit.
- Touch and hold the edge of the test strip to the drop of blood.
- The meter will display your blood sugar level on a screen after a few seconds.

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