

# Checking Blood Glucose

## Aim For Your Target Range

Your blood glucose should be in your **target range** as often as possible. This means not too high and not too low. Staying in this range as often as possible helps reduce your risk of complications. Your diabetes team will help you figure out the target range that is right for you. Fill in your numbers on the wallet cards below. Then cut out a wallet card and take it with you wherever you go.

**Wallet Card** (cut around dotted line)

**My Target Range**

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**Before a Meal:**  
Between \_\_\_\_\_ and \_\_\_\_\_ .

**2 Hours After a Meal:**  
Between \_\_\_\_\_ and \_\_\_\_\_ .

**My Target Range**

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**Before a Meal:**  
Between \_\_\_\_\_ and \_\_\_\_\_ .

**2 Hours After a Meal:**  
Between \_\_\_\_\_ and \_\_\_\_\_ .

**My Target Range**

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Between \_\_\_\_\_ and \_\_\_\_\_ .

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Between \_\_\_\_\_ and \_\_\_\_\_ .

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Between \_\_\_\_\_ and \_\_\_\_\_ .