



# TEST AND LEARN WORKSHEET

Testing in pairs helps you look at any meal or activity and see how it impacted your blood sugar. [Here's how to do it:](#)

1. Test your blood sugar before a meal and write the number down in the “Before” column.
2. Set a two-hour timer and enjoy your meal.
3. When the timer goes off (two hours after the first bite of the meal), test your blood sugar again and write the number down in the “After” column. Be sure to write down what you ate in the “Notes” column.
4. Calculate the difference between the two— subtract the “Before” number from the “After” number.

DAY	BLOOD GLUCOSE BEFORE	BLOOD GLUCOSE AFTER	CHANGE	FOOD / NOTES
1.				
2.				
3.				
4.				
5.				
6.				
7.				

WHAT DID I LEARN? .....

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THE AMERICAN DIABETES ASSOCIATION (ADA) RECOMMENDS THESE BLOOD GLUCOSE GOALS:

BEFORE MEAL	70-130 mg/dL
AFTER MEAL	<180 mg/dL 1-2 hours after the start of the meal