



CHECK AND LEARN WORKSHEET

Checking in pairs helps you look at any meal and see how it impacted your blood sugar. **Here's how to do it:**

1. Start by identifying the question you want to answer. It might be... “How does what I eat for breakfast affect my blood sugar?”
2. Check your blood sugar before a meal and write the number down in the “Before” column.
3. Set a two-hour timer and enjoy your meal.
4. When the timer goes off (two hours after the first bite of the meal), check 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.
5. Subtract the “Before” number from the “After” number.
The goal is for the difference between the numbers to be 50 points or less.
6. Look at the results and write down what you learn in the section below. Are your numbers within the targets listed below?

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

WHAT DID I LEARN?

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

BEFORE MEAL	80-130 mg/dL
AFTER MEAL	<180 mg/dL 1-2 hours after the start of the meal