Blood Glucose Monitoring Log

Goals									
Date	**Fasting Blood Sugar**	**Insulin Or Pills**	**Before Lunch**	**Insulin or Pills**	**Before Dinner**	**Insulin or Pills**	**Bedtime**	**Insulin or Pills**	**Comments Or Activity**

For questions about diabetes self-management,
please call Health Education at 729-2689.

ALASKA NATIVE MEDICAL CENTER

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.