INVICTUS HEALTH GROUP
NAVIGATING HEALTH, TOGETHER.

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Your Blood Sugar Log

Record your blood sugar readings — Invictus Health Group, Delta, BC — November 6, 2026.

The goal range for your blood sugar level is:
4.0–7.0 mmol/L **before** meals
5.0–10.0 mmol/L two hours **after** meals

If your A1C target is not being met, aim for 5.0–8.0 mmol/L two hours after meals.

Test 4 to 7 times per week or as advised by your doctor or diabetes educator.

Date	Before Breakfast	2 hours after Breakfast	Before Lunch	2 hours after Lunch	Before Supper	2 hours after Supper	Before Evening Snack	Notes

Compare your meter to a laboratory blood glucose test at least once a year.

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.

Adapted from Alberta Health Services, "Your Blood Sugar Log" (2010).