

Dr. Sayera Haque	Haque Madical Office, PC	540 McDonald Ave. Brooklyn, NY 11218	Tel: (718) 633-5800
Patient Name :	Date of Birth :		Cell No :
Email :			

Blood Sugar Monitoring Sheet

		Breakfast			Lunch			Dinner			Bedtime	
		Before	After			Before	After			Before	After	Bedtime
		Time	Time			Time	Time			Time	Time	Time
		Blood Glucose	Blood Glucose			Blood Glucose	Blood Glucose			Blood Glucose	Blood Glucose	Blood Glucose
Day	Date	Medication			Medication			Medication				
Mon.												
Comments:								Additional Blood Glucose				
Tue.												
Comments:								Additional Blood Glucose				
Wed.												
Comments:								Additional Blood Glucose				
Thur.												
Comments:								Additional Blood Glucose				
Fri.												
Comments:								Additional Blood Glucose				
Sat.												
Comments:								Additional Blood Glucose				
Sun.												
Comments:								Additional Blood Glucose				

At your Next visit ask your Doctor.

What are my A1C, blood pressure, and cholesterol level goals?

What do I need to do to reach those goals?