血糖値管理表

令和　　　　年　　　　月

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 日付 | 朝食前 | 朝食後 | 昼食前 | 昼食後 | 夕食前 | 夕食後 | 就寝前 | 備　　考 |
| １ |  |  |  |  |  |  |  |  |
| ２ |  |  |  |  |  |  |  |  |
| ３ |  |  |  |  |  |  |  |  |
| ４ |  |  |  |  |  |  |  |  |
| ５ |  |  |  |  |  |  |  |  |
| ６ |  |  |  |  |  |  |  |  |
| ７ |  |  |  |  |  |  |  |  |
| ８ |  |  |  |  |  |  |  |  |
| ９ |  |  |  |  |  |  |  |  |
| １０ |  |  |  |  |  |  |  |  |
| １１ |  |  |  |  |  |  |  |  |
| １２ |  |  |  |  |  |  |  |  |
| １３ |  |  |  |  |  |  |  |  |
| １４ |  |  |  |  |  |  |  |  |
| １５ |  |  |  |  |  |  |  |  |
| １６ |  |  |  |  |  |  |  |  |
| １７ |  |  |  |  |  |  |  |  |
| １８ |  |  |  |  |  |  |  |  |
| １９ |  |  |  |  |  |  |  |  |
| ２０ |  |  |  |  |  |  |  |  |
| ２１ |  |  |  |  |  |  |  |  |
| ２２ |  |  |  |  |  |  |  |  |
| ２３ |  |  |  |  |  |  |  |  |
| ２４ |  |  |  |  |  |  |  |  |
| ２５ |  |  |  |  |  |  |  |  |
| ２６ |  |  |  |  |  |  |  |  |
| ２７ |  |  |  |  |  |  |  |  |
| ２８ |  |  |  |  |  |  |  |  |
| ２９ |  |  |  |  |  |  |  |  |
| ３０ |  |  |  |  |  |  |  |  |
| ３１ |  |  |  |  |  |  |  |  |

|  |
| --- |
| 血糖値の基準値 |
| 空腹時（食事前） | 食後2時間（食事後） | 就寝前 |
| 70 | 100 | 70 | 140 | 100 | 140 |