

"Staggered" Checking Plan

Instructions: Pre = Check blood glucose before meals <math>Post = Check blood glucose 2 hours after meals

Check at the times indicated by the gray boxes and continue to alternate each week

Day		Breakfast		Lunch		Dinner		Bed Time	Comments
		Pre	Post	Pre	Post	Pre	Post		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									