**ACES® Glucose (Blood Sugar) Level Chart**

**Instructions:** Record your blood glucose level at meals and bedtime. Record insulin dose if taken. Please bring this chart to your clinic appointment.

<table>
<thead>
<tr>
<th>Blood Glucose Reading</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Bedtime</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose (Blood Sugar) Levels</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>A1c: _____</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sliding Scale of Blood Glucose Levels for Insulin Dose:**

70 – 140 _____ units  
141 – 180 _____ units  
181 – 220 _____ units  
221 – 260 _____ units  
261 – 300 _____ units  
301 – 340 _____ units  
341 – 400 _____ units and **Notify Your Doctor Immediately**

**IMPORTANT:** Please have doctor fill in your appropriate insulin dose for each blood glucose level above.