



*AST  
NO CODE*

# EASY**Max**

Self-Monitoring  
Blood Glucose System

## Self-Test Log Book



Log Book Date

From \_\_\_\_\_ To \_\_\_\_\_

Name

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Address

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Home Tel.

Office Tel.

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Doctor

Tel.

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Diabetes educator

Tel.

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Pharmacy

Tel.

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Insulin/Pills

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In case of emergency contact

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# EASYMax

## Self-Monitoring Blood Glucose System

Target blood sugar ranges for someone without diabetes are:

Before breakfast

70-105 mg/dL 3.9-5.8 mmol/L

Before lunch or dinner

70-110 mg/dL or 3.9-6.1 mmol/dL

1 hour after a meal less than 160 mg/dL or 8.9 mmol/L

2 hour after a meal less than 120 mg/dL or 6.7 mmol/L

Source by:

Krall, LP., and Beaser, R.S.: Josilin Diabetes Manual.

Philadelphia: Lea and Febiger (1989), 138.