Glucose Reading Chart

Patient Name: John Smith

Date Range: 10/01/2023 - 10/15/2023

Target Range: 70-130 mg/dL

Date	Time	Reading
10/01/2023	08:00	135 mg/dL
10/01/2023	13:30	120 mg/dL
10/02/2023	07:45	128 mg/dL
10/02/2023	14:15	138 mg/dL
10/03/2023	09:10	145 mg/dL
10/03/2023	16:30	152 mg/dL
10/04/2023	08:20	125 mg/dL
10/04/2023	13:45	130 mg/dL
10/05/2023	07:30	128 mg/dL

Notes

In this case, we are tracking John Smith's blood glucose readings over 15 days. His target range is set between 70-130 mg/dL. Notable observations include slightly elevated readings on 10/01 and 10/03, likely due to missed meals or increased physical activity. On 10/04, readings were closer to the target range, indicating better control. John engaged in morning exercise and skipped an afternoon meal on one occasion, which could have influenced the readings.

This chart provides valuable information for assessment and discussions during follow-up appointments. It's essential to address the factors contributing to the fluctuations and make any necessary adjustments to John's treatment plan to maintain better blood sugar control.