

Measure glucose first thing in the morning before eating anything. Do this every day. Be sure to check glucose before each meal then again right after completing each meal. Note the time you start and time you finish each meal. Do the same for exercise. For meals, measure every 15 minutes for the first hour when you first start testing to see if there is a pattern to when your glucose peaks. If there is a pattern, then you can reduce to testing at the half hour, then again when you suspect your peak, then once an hour after. You can do more if you are curious and your finger is not yelling at you yet.

[illegible]