

Tracking Blood Sugar with a Finger Prick Device



You don't need a CGM to see big changes.

With a standard blood glucose meter (finger prick), you can still learn how your meals, stress, sleep, and lifestyle impact your blood sugar — and make informed changes that support your energy, cravings, and fat loss goals.

When to Test:

To get useful insight, aim to test at key points during the day. Here's a sample schedule:

- **Fasting (upon waking):**
Helps identify baseline blood sugar. Ideally, this should be **under 90 mg/dL**, though under 100 is acceptable.
- **Pre-meal (before eating):**
Gives you a sense of where your blood sugar sits before food. Under **90–95 mg/dL** is ideal.
- **Post-meal (90–120 minutes after eating):**
Shows how your body responds to different foods. The goal is to **stay under 140 mg/dL**, and return to baseline within 3 hours.
- **Before bed:**
Ideally, your blood sugar will be back to a stable range, similar to your pre-meal or fasting level.

Optional:

- Before and after exercise
- During cravings or low energy moments
- Times of stress

What Supplies You'll Need:

- [Glucose meter](#)
- [Test strips](#)
- [Lancet device + lancets](#)
- [Alcohol swabs](#) (optional but helpful)
- A simple tracking sheet or app (a printable version will be included)

What To Record:

Use a **blood sugar tracking and reflection guide** to track:

- Time of test
- Blood sugar reading
- What you ate (if applicable)

- Sleep quality
- Stress level
- Movement or exercise
- How you felt (energy, hunger, mood, cravings)

What to Look For:

- Are you spiking over 140 mg/dL after meals?
- Do you feel tired, cranky, or hungry when your number dips?
- Is your fasting blood sugar consistently elevated?
- Does your blood sugar recover within 2–3 hours after eating?

Patterns over time are more important than any single reading. You're looking for **stability and gentle curves**, not sharp spikes or crashes.

You Can Still Learn So Much:

Finger prick users are 100% welcome in this challenge. You'll be learning what works best for **your unique body** — and every reading is a piece of the puzzle.

FAQ:

Is this just as good as a CGM?

While a CGM gives you minute-by-minute feedback, a finger prick can still provide **high-quality insights**. You just have to be a little more strategic with your timing.

How often should I test?

Aim for 3–4x per day during the challenge, or more if you want detailed insight. Even just **fasting and post-meal readings** can be super helpful.

What's a “normal” blood sugar?

That varies — but we're aiming for:

- Fasting: under 90 mg/dL
- Post-meal: under 140 mg/dL
- Return to baseline within 3 hours

 Disclaimer

This content is for educational purposes only and is not intended to diagnose, treat, or cure any medical condition. It does not replace professional medical advice or guidance. Always consult with your healthcare provider before making any changes to your diet, exercise routine, or medication—especially if you are managing a health condition or using a glucose monitor.