

# BLOOD SUGAR LOG

Date:

Weight:

| TIME OF DAY          | READING (MG/DL OR<br>MMOL/L) | INSULIN /<br>MEDICATION | CARBS<br>(G) | ACTIVITY /<br>NOTES |
|----------------------|------------------------------|-------------------------|--------------|---------------------|
| Fasting /<br>Wake Up |                              |                         |              |                     |
| Breakfast (Pre)      |                              |                         |              |                     |
| Breakfast<br>(Post)  |                              |                         |              |                     |
| Lunch (Pre)          |                              |                         |              |                     |
| Lunch (Post)         |                              |                         |              |                     |
| Dinner (Pre)         |                              |                         |              |                     |
| Dinner (Post)        |                              |                         |              |                     |
| Bedtime              |                              |                         |              |                     |
| Other:               |                              |                         |              |                     |

Target Range: \_\_\_\_\_ to \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Daily Observations & Symptoms: