

BLOOD SUGAR & FOOD LOG

Date:

Target Range:

Period	Time	Glucose (mg/dL)	Food & Beverage Intake (Carbs/Portion)	Medication / Activity / Notes
Breakfast	Before			
	After (2h)	--		
Lunch	Before			
	After (2h)	--		
Dinner	Before			
	After (2h)	--		
Bedtime	Night		Snack:	
Other				

Legend:

Before: Fasting/Pre-meal

After (2h): 2 hours post-meal start

Level: Glucose reading in mg/dL or mmol/L