

BLOOD SUGAR & INSULIN LOG

Week of: _____

Name: _____

Target Range: _____

DAY	BREAKFAST		LUNCH		DINNER		BEDTIME	
	BG	UNITS	BG	UNITS	BG	UNITS	BG	UNITS
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Daily Notes (Activity, Illness, or Carbohydrate Count):

This template is for personal tracking only. Consult your physician for dosage adjustments.