

BLOOD SUGAR LOG

Name:

Month/Year:

DATE	MORNING (FASTING)		EVENING (BEFORE BED)		NOTES / MEDICATION
	TIME	MG/DL	TIME	MG/DL	

DATE	MORNING (FASTING)		EVENING (BEFORE BED)		NOTES / MEDICATION
	TIME	MG/DL	TIME	MG/DL	

Target Range (Consult your doctor): Fasting: 70-130 mg/dL | Before Bed: 90-150 mg/dL