

BLOOD SUGAR LOG

Name:

Week Of:

**Breakfast
(Before)**

**Breakfast
(After)**

**Lunch
(Before)**

Lunch (After)

**Dinner
(Before)**

**Dinner
(After)**

Bedtime

WEEKLY NOTES (Medication changes, symptoms, or activity levels):

Target Range: Before Meals (80-130 mg/dL) | 1-2 Hours After Meals (Under 180 mg/dL)