

# BLOOD SUGAR LOG

Name:  
Week Starting:  
Target Range:

| DAY       | BREAKFAST |       | LUNCH  |       | DINNER |       | BEDTIME |
|-----------|-----------|-------|--------|-------|--------|-------|---------|
|           | BEFORE    | AFTER | BEFORE | AFTER | BEFORE | AFTER |         |
|           |           |       |        |       |        |       |         |
| Monday    |           |       |        |       |        |       |         |
| Tuesday   |           |       |        |       |        |       |         |
| Wednesday |           |       |        |       |        |       |         |
| Thursday  |           |       |        |       |        |       |         |
| Friday    |           |       |        |       |        |       |         |
| Saturday  |           |       |        |       |        |       |         |
| Sunday    |           |       |        |       |        |       |         |

Weekly Notes (Medication changes, physical activity, or illness):

\* Before: Immediately before meal \* After: 2 hours after meal \* Units: mg/dL or mmol/L