

DAILY BLOOD SUGAR LOG

Target Range: _____ to _____ mg/dL

Name:

Date:

Weight:

TIME / EVENT	GLUCOSE LEVEL	CARBS (G)	MEDICATION/DOSE	ACTIVITY / NOTES
Fasting / Wake		-		
Breakfast (Pre)				
Breakfast (Post)		-		
Lunch (Pre)				
Lunch (Post)		-		
Dinner (Pre)				
Dinner (Post)		-		
Bedtime				

TIME / EVENT	GLUCOSE LEVEL	CARBS (G)	MEDICATION/DOSE	ACTIVITY / NOTES
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Other:

Daily Observations (Symptoms, Sleep, Stress):

This template is for personal tracking only. Always consult with a healthcare professional regarding medical data.