

# BLOOD SUGAR LOG

Date:

Weight:

TIME OF DAY	READING (MG/DL)		MEDICATION / INSULIN		CARBS (G)	PHYSICAL ACTIVITY / NOTES
	BEFORE	AFTER	TYPE	DOSE		
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Bedtime</b>		-			-	
<b>Night (3 AM)</b>		-			-	
<b>Other</b>						

**Daily Observations & Symptoms:**

**Target (Fasting):**

70 - 130 mg/dL

**Target (Post-Meal):**

Under 180 mg/dL

**Emergency Contacts:**

Dr: \_\_\_\_\_