## Generation Preventing the Misuse and Abuse of Prescription Medications

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## **Blood Sugar Log**

It is important for your physician to have a record of your blood sugar to be able to make changes in your therapy if necessary. A one-time reading at the physician's office will not give a complete picture of your blood sugar changes. It is also important to check at different times of the day to give an idea of when your blood sugar is or is not being controlled. Please use this simple log to record the date, time, blood sugar reading, and any comments about your medications or how you were feeling at the time of the blood sugar reading.



## **Blood Sugar Goals:**

Please discuss with your physician or health care provider what the best blood sugar goals are for you.

Date	Time of day	Blood Sugar	Comments