

YOUR BLOOD SUGAR LOG - WEEK OF ____/____/____ to ____/____/____
My target blood sugar ranges: ____ mg/dL to ____ mg/dL to ____ mg/dL

____ mg/dL BEFORE meals
____ mg/dL 2 HOURS AFTER meals

| | MEDICATION/ DOSE | BLOOD SUGAR AT BREAKFAST | | FOOD/CARB | MEDICATION/ DOSE | BLOOD SUGAR AT LUNCH | | FOOD/CARB | MEDICATION/ DOSE | BLOOD SUGAR AT DINNER | | FOOD/CARB | MEDICATION/ DOSE | BLOOD SUGAR BEFORE BEDTIME | |
|----|---------------------|-----------------------------|-----------|-----------|---------------------|-------------------------|-----------|-----------|---------------------|--------------------------|-----------|-----------|---------------------|-------------------------------|--|
| | | Pre-meal | Post-meal | | | Pre-meal | Post-meal | | | Pre-meal | Post-meal | | | | |
| M | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| T | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| W | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| TH | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| F | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| SA | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |
| SU | | | | | | | | | | | | | | | |
| | COMMENTS | | | | | | | | | | | | | | |

NOTES