

**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			Pre-meal	Post-meal
<b>M</b>															
	COMMENTS														
<b>T</b>															
	COMMENTS														
<b>W</b>															
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