

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														
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SA														
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