

Blood Sugar Log for the Week of _____

	Breakfast			Lunch			Dinner			Bedtime		During the Night			
	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after
Sunday															
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
Saturday															

Weekly Blood Sugar Notes