

Weekly Logbook

Target blood glucose ranges

Fasting: _____ mg/dL to _____

Pre meal: _____ mg/dL to _____

Post meal: _____ mg/dL to _____

Week of :

			Breakfast		Lunch		Dinner		Bedtime	
			Pre	Post	Pre	Post	Pre	Post	Pre	Post
SUN	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
MON	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
TUE	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
WED	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
THU	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
FRI	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								
SAT	Comments:	Blood Sugar								
		Time								
		Meds								
		Carbs								