

BLOOD SUGAR LOG

Fasting: mg/dL to mg/dL

Pre meal: mg/dL to mg/dL

Post meal: mg/dL to mg/dL

Week of:

			Breakfast		Lunch		Dinner		Bedtime	
			Pre	Post	Pre	Post	Pre	Post	Pre	Post
Monday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Tuesday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Wednesday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Thursday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Friday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Saturday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								
Sunday	Comments:	Blood Sugar:								
		Time:								
		Meds:								
		Carbs:								