

# Diabetes Blood Sugar Log Book

Target blood glucose ranges

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
Sun.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Mon.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Tues.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Wed.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Thurs.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Fri.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								
Sat.	Comments: _____ _____	Blood Sugar: Time: Meds: Carbs:								