



FOOD AND BLOOD SUGAR LOG

Week of: ____

	Fasting Blood Sugar	Med/Insulin	Lunch Blood Sugar	Med/Insulin	Dinner Blood Sugar	Med/Insulin	Before bed Blood Sugar	Med/Insulin	Comments <small>Diet, Exercise, Sickness, Stress</small>
	Before/After		Before/After		Before/After				
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
Sun									

Times to check your blood sugar: Before you eat in the morning and 2 hours after a meal.

Monitor at different times during the day and with different foods to see if your blood sugar levels vary.

*Discuss your personal monitoring times with your doctor.