Blood Glucose Log

You will need to record your blood sugar levels according to the testing pattern that you and your diabetes educator decide will work for you. Just because there are 8 spaces for each day doesn't mean that you need to test that much. Only check and record your blood glucose test results according to your pattern.

Daily blood glucose record

My before meal target_____ My target 2 hours after the meal_____

Date:	Breakfast		Lunch		Dinner		Bedtime	Night	Comments
	Before	2h after	Before	2h after	Before	2h after			