

Target Blood Sugar Range:

Month	Breakfast		Lunch		Dinner		Bedtime		Other
	Blood Glucose	Insulin/ Meds	Blood Glucose	Insulin/ Meds	Blood Glucose	Insulin/ Meds	Blood Glucose	Insulin/ Meds	Blood Glucose
Sun									
Comments:									
Mon									
Comments:									
Tue									
Comments:									
Wed									
Comments:									
Thu									
Comments:									
Fri									
Comments:									
Sat									
Comments:									