

# Blood Sugar Log

By recording your blood sugar readings and sharing them with your doctor, you can both get a better idea of how your treatment plan is working and if it should be adjusted.

Week of: \_\_\_ / \_\_\_ / \_\_\_ to: \_\_\_ / \_\_\_ / \_\_\_

Patient Name: \_\_\_\_\_

Healthcare Professional: \_\_\_\_\_

Phone: \_\_\_\_\_

My target blood sugar ranges are:

Before meals: \_\_\_ mg/dL to \_\_\_ mg/dL

2 hours after meals: \_\_\_ mg/dL to \_\_\_ mg/dL

My A1C level is: \_\_\_ My A1C goal is: \_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Medication							
<b>Breakfast</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
<b>Lunch</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
<b>Dinner</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
<b>Bedtime</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
<b>3 AM</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
<b>Other</b>	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
<b>NOTES</b>							

The health information contained herein is provided for general education purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.