

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							
Breakfast	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Lunch	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Dinner	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Bedtime	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
3 AM	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Other	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
NOTES							

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.