



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 ___/___/___

	MON	TUES	WED	THUR	FRI	SAT	SUN
Medication							
Breakfast	Time (Pre/Post)	/	/	/	/	/	/
	BG (Pre/Post)	/	/	/	/	/	/
Medication							
Lunch	Time (Pre/Post)	/	/	/	/	/	/
	BG (Pre/Post)	/	/	/	/	/	/
Medication							
Dinner	Time (Pre/Post)	/	/	/	/	/	/
	BG (Pre/Post)	/	/	/	/	/	/
Medication							
Bedtime	Time (Pre/Post)	/	/	/	/	/	/
	BG (Pre/Post)	/	/	/	/	/	/
Medication							
Other	Time (Pre/Post)	/	/	/	/	/	/
	BG (Pre/Post)	/	/	/	/	/	/

My target blood sugar ranges are:

Before meals: ___mg/L to ___mg/dL

2 hours after meals: ___mg/L to ___mg/L

My A1C level is: ___ My A1C goal is: ___

Additional Notes:

