

BLOOD SUGAR LOG

NAME:

MONTH:

YEAR:

BREAKFAST					LUNCH				DINNER				BEDTIME			NOTES
Day	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Blood Sugar	Units Insulin	
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