

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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MY BLOOD SUGAR GOALS:

Before Meals _

2 hours after a Meal _

Bedtime _