

WEEKLY BLOOD SUGAR LOG

WEEK _____

MONTH _____

GLUCOSE READINGS (mg/dl)

DAY	DATE	TIME	MEAL	BEFORE	AFTER	NOTES
MON			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
TUE			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
WED			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
THU			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
FRI			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
SAT			Breakfast			
			Lunch			
			Dinner			
			Bedtime			
SUN			Breakfast			
			Lunch			
			Dinner			
			Bedtime			