Blood Sugar Log

	FASTING:
ARGETS ——	PRE-MEAL:
	POST-MEAL:

MONTH: YEAR:

	OVERNIGHT			BREAKFAST				LUNCH				DINNER				TIME	
Date	Time	mg/dL	Tir	me	Pre /	Post	Tir	me	Pre /	Post	Tir	ne	Pre /	Post	Time	mg/dL	Notes
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