

BLOOD SUGAR LOG

MONTH: _____

TARGETS _____

YEAR: _____

FASTING: _____ PRE-MEAL: _____ POST-MEAL: _____

DATE	EARLY AM		BREAKFAST		LUNCH		DINNER		BEDTIME		NOTES
	TIME	MG/DL	TIME	BEFORE / AFTER	TIME	BEFORE / AFTER	TIME	BEFORE / AFTER	TIME	MG/DL	