

BLOOD SUGAR LOG

GOALS	Fasting: _____
	Pre-Meal: _____
	Post-Meal: _____

Week of: _____

		Start of Day	Breakfast Pre / Post		Lunch Pre / Post		Dinner Pre / Post		Bedtime
SUN	Notes:	Blood Sugar							
		Time							
MON	Notes:	Blood Sugar							
		Time							
TUES	Notes:	Blood Sugar							
		Time							
WED	Notes:	Blood Sugar							
		Time							
THURS	Notes:	Blood Sugar							
		Time							
FRI	Notes:	Blood Sugar							
		Time							
SAT	Notes:	Blood Sugar							
		Time							