

BLOOD SUGAR LOG

Week of: _____

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

		EARLY AM	BREAKFAST PRE / POST	LUNCH PRE / POST	DINNER PRE / POST	BEDTIME		
Sun	BLOOD SUGAR							
	TIME							
Mon	BLOOD SUGAR							
	TIME							
Tues	BLOOD SUGAR							
	TIME							
Wed	BLOOD SUGAR							
	TIME							
Thur	BLOOD SUGAR							
	TIME							
Fri	BLOOD SUGAR							
	TIME							
Sat	BLOOD SUGAR							
	TIME							

NOTES
