

# Blood Sugar Log

Targets Fasting: \_\_\_\_\_  
 Pre-Meal: \_\_\_\_\_  
 Post-Meal: \_\_\_\_\_

Week of: \_\_\_\_\_

		Start of Day	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					
Thurs	Blood Sugar					
	Time					
Fri	Blood Sugar					
	Time					
Sat	Blood Sugar					
	Time					

Notes: \_\_\_\_\_  
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