

# Blood Sugar Log

Goals \_\_\_\_\_  
 Fasting: \_\_\_\_\_ Pre-Meal: \_\_\_\_\_ Post-Meal: \_\_\_\_\_ Week of: \_\_\_\_\_

|     |             | START OF DAY | BREAKFAST<br>PRE/POST | LUNCH<br>PRE/POST | DINNER<br>PRE/POST | BEDTIME |
|-----|-------------|--------------|-----------------------|-------------------|--------------------|---------|
| Sun | BLOOD SUGAR |              |                       |                   |                    |         |
|     | TIME        |              |                       |                   |                    |         |

Notes:

|     |             |  |  |  |  |  |  |  |
|-----|-------------|--|--|--|--|--|--|--|
| Mon | BLOOD SUGAR |  |  |  |  |  |  |  |
|     | TIME        |  |  |  |  |  |  |  |

Notes:

|      |             |  |  |  |  |  |  |  |
|------|-------------|--|--|--|--|--|--|--|
| Tues | BLOOD SUGAR |  |  |  |  |  |  |  |
|      | TIME        |  |  |  |  |  |  |  |

Notes:

|     |             |  |  |  |  |  |  |  |
|-----|-------------|--|--|--|--|--|--|--|
| Wed | BLOOD SUGAR |  |  |  |  |  |  |  |
|     | TIME        |  |  |  |  |  |  |  |

Notes:

|       |             |  |  |  |  |  |  |  |
|-------|-------------|--|--|--|--|--|--|--|
| Thurs | BLOOD SUGAR |  |  |  |  |  |  |  |
|       | TIME        |  |  |  |  |  |  |  |

Notes:

|     |             |  |  |  |  |  |  |  |
|-----|-------------|--|--|--|--|--|--|--|
| Fri | BLOOD SUGAR |  |  |  |  |  |  |  |
|     | TIME        |  |  |  |  |  |  |  |

Notes:

|     |             |  |  |  |  |  |  |  |
|-----|-------------|--|--|--|--|--|--|--|
| Sat | BLOOD SUGAR |  |  |  |  |  |  |  |
|     | TIME        |  |  |  |  |  |  |  |

Notes: