

# Blood Sugar Log

GOALS

FASTING: \_\_\_\_\_ PRE-MEAL: \_\_\_\_\_ POST-MEAL: \_\_\_\_\_

WEEK OF: \_\_\_\_\_

|             |             | START OF DAY | BREAKFAST PRE / POST | LUNCH PRE / POST | DINNER PRE / POST | BEDTIME |
|-------------|-------------|--------------|----------------------|------------------|-------------------|---------|
| <b>Mon</b>  | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Tues</b> | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Wed</b>  | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Thur</b> | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Fri</b>  | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Sat</b>  | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |
| <b>Sun</b>  | BLOOD SUGAR |              |                      |                  |                   |         |
|             | TIME        |              |                      |                  |                   |         |

NOTES:

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