

# Blood Sugar Tracker

TARGETS

FASTING: \_\_\_\_\_

PRE-MEAL: \_\_\_\_\_

POST-MEAL: \_\_\_\_\_

MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

EARLY AM			BREAKFAST		LUNCH		DINNER		BEDTIME		Notes
Date	Time	mg/dL	Time	Pre / Post	Time	Pre / Post	Time	Pre / Post	Time	mg/dL	