

# BLOOD SUGAR TRACKER

*Targets*

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

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

			EARLY AM	BREAKFAST PRE / POST	LUNCH PRE / POST	DINNER PRE / POST	BEDTIME
<i>Sun</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Mon</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Tues</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Wed</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Thurs</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Fri</i>	NOTES:	BLOOD SUGAR					
		TIME					
<i>Sat</i>	NOTES:	BLOOD SUGAR					
		TIME					