

Blood Sugar Log

Goals: Fasting: _____ Pre-Meal: _____ Post-Meal: _____ Week of: _____

		START OF DAY	BREAKFAST PRE/POST	LUNCH PRE/POST	DINNER 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: _____
