blood sugar log

MONTH: _____ YEAR: _____

FASTING TARGET: _____ PRE-MEAL TARGET: _____ POST-MEAL TARGET: _____

	OVERNIGHT		BREAKFAST				LUNCH				DINNER				BEDTIME		
DATE	TIME	mg/dL	TIME		PRE /	POST	TIME		PRE /	POST	TIME		PRE /	POST	TIME	mg/dL	NOTES