Blood Sugar Log

MONTH: ______________________ YEAR: ______________

FASTING TARGET: _______________ PRE-MEAL TARGET: ______________ POST-MEAL TARGET: _____________

EARLY AM			BREAKFAST				LUNCH				DINNER				BEDTIME		
DATE	TIME	mg/dL	TIME		BEFORE / AFTER		TIME		BEFORE / AFTER		TIME		BEFORE / AFTER		TIME	mg/dL	NOTES

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