

BLOOD SUGAR LOG

WEEK OF: _____

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

SUNDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

MONDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

TUESDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

WEDNESDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

THURSDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

FRIDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								

SATURDAY

	START OF DAY	BREAKFAST PRE/POST		LUNCH PRE/POST		DINNER PRE/POST		BEDTIME
BLOOD SUGAR								
TIME								