

BLOOD SUGAR LOG

NAME: _____
 MONTH: _____
 YEAR: _____

Day	BREAKFAST				LUNCH				DINNER				BEDTIME			NOTES
	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Before Meal/ Blood Sugar	Units Insulin	After Meal/ Blood Sugar	Time	Blood Sugar	Units Insulin	
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MY BLOOD SUGAR GOALS:	Before Meals _____	2 hours after a Meal _____	Bedtime _____
ADA GOALS:	Before Meals 80 to 130 mg/dl	2 hours after a Meal less than 180 mg/dl	Bedtime 100 to 180 mg/dl