

# 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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<b>MY BLOOD SUGAR GOALS:</b>	Before Meals _____	2 hours after a Meal _____	Bedtime _____
<b>ADA GOALS:</b>	Before Meals 80 to 130 mg/dl	2 hours after a Meal less than 180 mg/dl	Bedtime 100 to 180 mg/dl