

My Blood Glucose Log

Print out this log to record your daily blood glucose readings. Bring your recent logs to all doctor's appointments.

BLOOD GLUCOSE LOG																	
Day	Breakfast				Lunch				Dinner				Nighttime (if needed)				What I was doing
	Before		2 Hours After		Before		2 Hours After		Before		2 Hours After		At Bedtime		Middle of Night		
	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	
Sun																	
Mon																	
Tues																	
Wed																	
Thurs																	
Fri																	
Sat																	

Comments: _____

Make extra copies of this chart before you use it the first time.

This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.