Blood sugar log

Name _____ Unit: mg/dL or mmol/L _____

Write the reading from your meter, the time, and whether it was before or after a meal.

Date	Time	Before or after a meal	Reading	Notes

Free to print and copy, from **bpnotebook.com**. For your own records only: it does not give medical advice. In a medical emergency, call your local emergency number.

Rather use your phone? BP Notebook keeps this log, draws charts and makes a PDF for your doctor. Free on Google Play.