Blood sugar log

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

Write the reading from your meter and the time. Your health care team will tell you when to test and what your targets are.

Day	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Bedtime	Notes (food, activity, medicines)
Mon Date:								
Tue Date:								
Wed Date:								
Thu Date:								
Fri Date:								
Sat Date:								
Sun Date:								

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.