



Fill in your daily blood glucose (BG) test results, list your daily meals and snacks and track the doses of insulin and medications you take each day.

NAME: \_\_\_\_\_ MR #: \_\_\_\_\_

**DIABETES BLOOD SUGAR LOG**

Date: \_\_\_\_\_

BG	MED	BREAKFAST	BG	MED	LUNCH	BG	MED	DINNER	BEDTIME		
									BG	MED	
Post			Post			Post					
		Morning Snacks			Afternoon Snacks			Evening Snacks			
Exercise											

Date: \_\_\_\_\_

BG	MED	BREAKFAST	BG	MED	LUNCH	BG	MED	DINNER	BEDTIME		
									BG	MED	
Post			Post			Post					
		Morning Snacks			Afternoon Snacks			Evening Snacks			
Exercise											

Date: \_\_\_\_\_

BG	MED	BREAKFAST	BG	MED	LUNCH	BG	MED	DINNER	BEDTIME		
									BG	MED	
Post			Post			Post					
		Morning Snacks			Afternoon Snacks			Evening Snacks			
Exercise											

Comments to include, illness, stress, and med/dietary changes, or hypoglycemia. (What do you think caused any changes in your blood glucose level to occur?)

**MED** = Medication/Insulin dose    **BG** = Blood glucose reading    **Post** = 1 hour after meal blood glucose reading



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	Post																	BG	MED
		Morning Snacks				Afternoon Snacks				Evening Snacks									
Exercise																			

Date: \_\_\_\_\_

BG		MED		BREAKFAST		BG		MED		LUNCH		BG		MED		DINNER		BEDTIME	
	Post																	BG	MED
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