

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	Before	2 Hours After	At Bedtime	Middle of Night					
	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.