

YOUR BLOOD SUGAR LOG - WEEK OF ___/___/___ **to** ___/___/___

My target blood sugar ranges: ___ mg/dL to ___ mg/dL to ___ mg/dL

_____ mg/dL **BEFORE** meals

_____ mg/dL **2 HOURS AFTER** meals

	MEDICATION/ DOSE	BLOOD SUGAR AT BREAKFAST		FOOD/CARB	MEDICATION/ DOSE	BLOOD SUGAR AT LUNCH		FOOD/CARB	MEDICATION/ DOSE	BLOOD SUGAR AT DINNER		FOOD/CARB	MEDICATION/ DOSE	BLOOD SUGAR BEFORE BEDTIME	
		Pre-meal	Post-meal			Pre-meal	Post-meal			Pre-meal	Post-meal			Pre-meal	Post-meal
M															
	COMMENTS														
T															
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