

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		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 workbook is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
©2007, 2008, 2010, 2011, 2012, 2013, 2015, 2018 StayWell, LLC. www.staywell.com 800-333-3032 All rights reserved. Made in the USA.