

Daily Blood Sugar Log

Living Well with Diabetes

Name:

Week of:

Use this chart to record your blood sugars. Remember to test according to the schedule given by your doctor.

Day	Breakfast (Before/After)	Snack (Before/After)	Lunch (Before/After)	Snack (Before/After)	Dinner (Before/After)	Bedtime (Before/After)	Notes (Mood, food eaten, etc.)
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

