



BLOOD SUGAR LOG

Note: please remember to have your blood sugar monitor calibrated if needed. You can also check it for accuracy by you taking your blood sugar right after a standard laboratory blood test and comparing results.

Patient Name:

DATE:

	<i>Time</i>	<i>foods eaten/ exercise/ activity</i>	<i>sugar level</i>
Blood sugar first thing in AM			
Right before breakfast			
1 hour after breakfast			
Right before lunch			
1 hour after lunch			
Right before dinner			
One hour after dinner			
Right before bed			