

BLOOD SUGAR DIARY

Keeping track of your blood sugar results is important in helping you stay in good control of your diabetes. Using this diary will allow you to record your blood sugar results, along with the type and amount of your diabetes medication.

Ask your doctor what your target blood sugar range should be, how often you should test your blood, and at what time of day.

My target blood sugar range is: _____mg/dL to _____ mg/dL

MONTH	BREAKFAST			LUNCH			DINNER			EVENING		
Day/Date	Medication	Blood Sugar		Medication	Blood Sugar		Medication	Blood Sugar		Medication	Blood Sugar Bedtime	Comments
		Pre	Post		Pre	Post		Pre	Post			
Week of:												
Mon.												
Tues.												
Wed.												
Thurs.												
Fri.												
Sat.												
Sun.												
Week of:												
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Tues.												
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