

Blood Sugar Log

	Breakfast			Lunch			Dinner			Nighttime		
Day	Time	Number	Notes	Time	Number	Notes	Time	Number	Notes	Time	Number	Notes
Sun												
Mon												
Tues												
Weds												
Thur												
Fri												
Sat												

Target Range

Before a Meal or Snack

Between _____ and _____

After a Meal or Snack

Between _____ and _____