

# 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													
<b>Comments:</b> _____													

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.  
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