My Blood Glucose Log

Name:_____

My Blood Glucose Goal: _____

Instructions

- Breakfast: When testing blood sugar before and after breakfast, write down the before-meal result in the Fasting column and the after-meal result in the After column. “Fasting” refers to your blood sugar reading before breakfast, when you first wake up.
- Lunch and Dinner: When testing blood sugar before and after your other meals, write down the before-meal result in the Before column and the after-meal result in the After column.
- When your blood sugar result is high or low, circle it so you can see it at a glance.
- Write down the time you went to bed in the Bedtime column.

DATE	Breakfast		Lunch		Dinner		Bed Time
	Fasting	After	Before	After	Before	After	

DATE	Breakfast		Lunch		Dinner		Bed Time