

# 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)					
	Before	2 Hours After		Before	2 Hours After		Before	2 Hours After		At Bedtime	Middle of Night				
	Time	Number	Time	Time	Number	Time	Time	Number	Time	Time	Number	Time	Number	Time	What I was doing
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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DIAB-1139414-0037 08/17