

BLOOD SUGAR DIARY

Name: _____ Week of: _____

My Blood Sugar Goals: Waking Up: _____ Before Meals: _____ 2 Hours After Meals: _____ Bedtime: _____

Day / Date	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Bedtime
		Before	2 hr After		Before	2 hr After		Before	2 hr After		
MON 2 / 10	Metformin 1,000 mg	101 8am	160 10:10am		130 12:30	198 2:20pm	Metformin 1,000 mg	122 6pm	176 8pm	Lantus 20 units	135 10pm
Comments:*	Walked 30 minutes today - faster than last week. Ate a big plate of pasta for lunch.										
Day / Date	Medication	Breakfast Before	2 hr After	Medication	Lunch Before	2 hr After	Medication	Dinner Before	2 hr After	Medication	Bedtime
MON /											
Comments:											
TUE /											
Comments:											
WED /											
Comments:											
THU /											
Comments:											
FRI /											
Comments:											
SAT /											
Comments:											
SUN /											
Comments:											

*Bring the diary page to your next diabetes-care appointment.