

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 / 0	Metformin 1,000 mg	101	160		130	198	Metformin 1,000 mg	122	176	Lantus 20 units	135
		8am	10:10am		12:30	2:20pm		6pm	8pm		10pm
Comments: *	Walked 30 minutes today - faster than last week. Ate a big plate of pasta for lunch.										
Day / Date	Medication	Breakfast		Medication	Lunch		Medication	Dinner		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.

Provided as an educational service on www.learningaboutdiabetes.org. Design by Kou Chen.

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