

BLOOD SUGAR LOGS

Name: _____ Month: _____ Year: _____

Date	BEFORE Breakfast	2H AFTER Breakfast	BEFORE Lunch	2H AFTER Lunch	BEFORE Dinner	2H AFTER Dinner	BEFORE Bedtime
1 st							
2 nd							
3 rd							
4 th							
5 th							
6 th							
7 th							
8 th							
9 th							
10 th							
11 th							
12 th							
13 th							
14 th							
15 th							
16 th							
17 th							
18 th							
19 th							
20 th							
21 st							
22 nd							
23 rd							
24 th							
25 th							
26 th							
27 th							
28 th							
29 th							
30 th							
31 st							

Recommended blood sugar values (these values can vary depending on the individual)
 Fasting blood sugars: less than 120
 Before meals: 100 to 120
 2 hours after meals: less than 140
 Before bedtime: 100 to 140