



TIMES TO CHECK YOUR BLOOD SUGAR:

Before you eat in the morning and 2 hours after a meal. Monitor at different times during the day and with different foods to see if your blood sugar levels vary.

*Discuss your personal monitoring times with your doctor.

Bring your blood sugar logs to your next appointment.

Daily Lo	og: Week of:	Name: :						DOB: :			
Day	Wake up	Breakfast			Lunch			Dinner			Bedtime
	*	Fasting	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	
M											
	Comments:										
Т											
	Comments:										
W											
	Comments:	l		1				1		I	
ТН											
	Comments:									I	
F											
	Comments:			1				1		I	
SA											
	Comments:										
SU											
	Comments:	1		1	1	1		1	1	1	