Weekly Blood Sugar Log

Diabetes Holistic Fix - diabetesholisticfix.com - free printable

Week of: _____ Name: _____

My target ranges - set with my doctor

Fasting: _____ to _____ mg/dL 2-hour post-meal: below _____ mg/dL Bedtime: _____ to _____ mg/dL

Date	Fasting	Breakfast Before	Breakfast 2-hr After	Lunch Before	Lunch 2-hr After	Dinner Before	Dinner 2-hr After	Bedtime	Notes (food, medication, activity, illness)
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
Sun									
Weekly average									

Notes for my next appointment

This log is a personal tracking tool for information and education only. It is not medical advice and does not replace care from your doctor or diabetes care team. Target ranges are individual - use the ranges you and your doctor have set for you. Do not change medication or doses based on this log without talking to your doctor first.