

## BLOOD GLUCOSE MONITORING LOG FOR PATIENTS WITH DIABETES

Patient Name: \_\_\_\_\_ Provider Name: \_\_\_\_\_ Provider Phone: \_\_\_\_\_

Goal: \_\_\_\_\_ to \_\_\_\_\_ mg/dL

Target range for your blood sugars

Before meal: 70-130 mg/dL

1-2 hours after starting a meal: <180 mg/dL

Day/Date	Before Breakfast		Before Lunch		Before Supper		Before Bed		Other	Comments Diet, Exercise, Ketones, Illness, or Stress
	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	
Monday / /										
Tuesday / /										
Wednesday / /										
Thursday / /										
Friday / /										
Saturday / /										
Sunday / /										
Averages										

# Within Target Range: \_\_\_\_\_ # Above Target Range: \_\_\_\_\_ # Below Target Range: \_\_\_\_\_

Diabetes medicines (name, dose, time of day):