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	
	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	Insulin (units)	Blood Sugar	Diet, Exercise, Ketones, Illness, or Stress	
Monday / /											
Tuesday / /											
Wednesday / /											
Thursday / /											
Friday / /											
Saturday / /											
Sunday / /											
Averages											
# Within Targe	et Range: _		_ # Abov	e Target Ra	ange:	#	Below Tar	get Range:		1	

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

