

## DAILY DIABETES (BLOOD SUGAR) LOG

Week of: \_\_\_\_\_ to \_\_\_\_\_

	Fasting Blood Sugar	Med/Insulin	Lunch Blood Sugar	Med/Insulin	Dinner Blood Sugar	Med/Insulin	Before Bed Blood Sugar	Med/Insulin	Comments: <i>Diet, Exercise, Sickness, Stress, etc.</i>
	Before/After		Before/After		Before/After		Before/After		
MON									
TUES									
WED									
THURS									
FRI									
SAT									
SUN									

**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 provider.*

<b>Reference Chart</b>	<b>Average Target Levels*</b>	<b>Your Personal Blood Sugar Goals*</b>
Waking (before breakfast)	80 – 120	to
Before Meals (AC)	80 – 120	to
2 hours after meals	180 or less	or less
At bedtime (HS)	100 – 140	to

*\*Work with your provider to establish daily blood glucose goals appropriate for you.*

---

### **What should I do with my blood glucose results?**

1. Write down when (time) you took the test and your blood sugar number.
2. Make a note of things that seem to change your blood sugar levels such as when you ate too much or too little or when you are sick.
3. Take these records to your provider and discuss your diabetes control.
4. If your blood sugar numbers are too high or low, discuss ways to obtain your ideal levels.
5. Call your provider if your blood sugar numbers are higher or lower than your ideal level for 2 to 3 days in a row.