

BLOOD SUGAR TRACKER

WEEK OF ___/___/___ to ___/___/___

_____ mg/dL **BEFORE** meals

_____ mg/dL **2 HOURS AFTER** meals

My target blood sugar ranges: _____ mg/dL to _____ mg/dL

	BREAKFAST			LUNCH			DINNER			BEDTIME	
	Medication /Dose	Blood Sugar Pre-meal - Post-meal	Food/Carb	Medication /Dose	Blood Sugar Pre-meal - Post-meal	Food/Carb	Medication /Dose	Blood Sugar Pre-meal - Post-meal	Food/Carb	Medication /Dose	Blood Sugar Before Bed
M											
	Notes:										
Tu											
	Notes:										
W											
	Notes:										
Th											
	Notes:										
F											
	Notes:										
Sa											
	Notes:										
Su											
	Notes:										

Additional Notes: _____