Blood sugar log

Name: Units: ☐ mg/dL ☐ mmol/L My targets: Medication / insulin:

Day	Date	Fasting	Breakfast		Lunch		Dinner		Bedtime	Night	Notes
			before	after	before	after	before	after			
1											
2											
3											
4											
5											
6											
7											

How to measure

- Wash hands with soap and warm water, dry them
- Prick the side of a fingertip, don't squeeze hard
- After meals: count the time from the first bite
- Write the number at once, with notes
- Notes: carbs, insulin or tablets, exercise, illness, lows
- Below 70 mg/dL (3.9 mmol/L): treat the low first

For information only. Discuss your results with your doctor.

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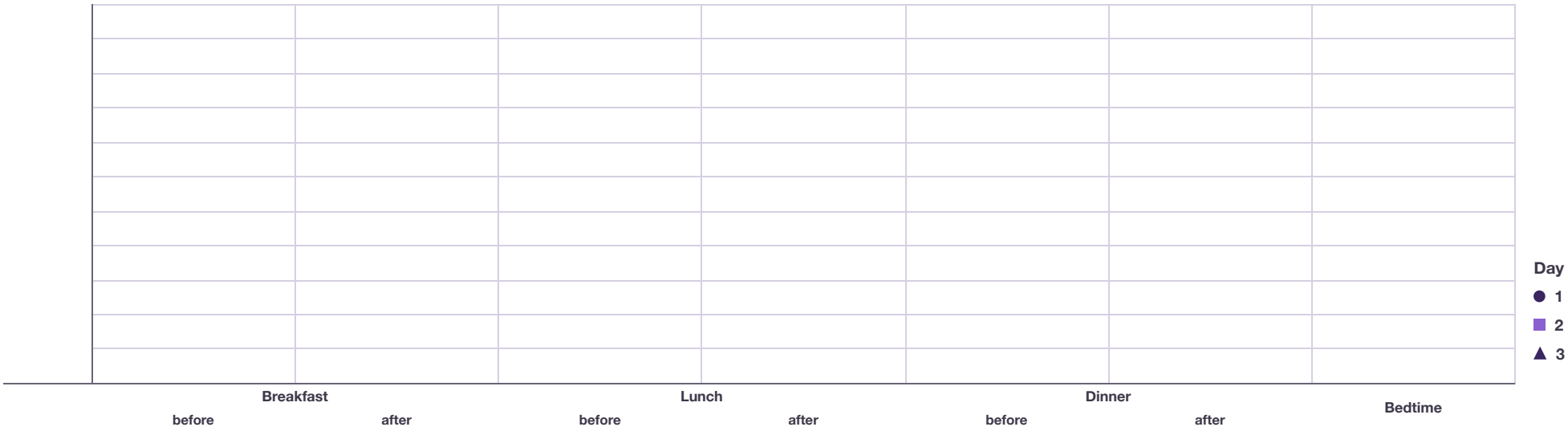
7-point blood sugar profile

3 ordinary days in a row: before and 2 hours after each main meal, and at bedtime.

Name: Units: ☐ mg/dL ☐ mmol/L My targets: Medication / insulin:

Day	Date	Breakfast			Lunch			Dinner			Bedtime	Notes
		before	after	Δ	before	after	Δ	before	after	Δ		
1												
2												
3												

Δ Rise after the meal (after – before)



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