Diabetes Blood Sugar Log

My current A1C is: _____   My A1C goal is: _____   My target blood sugar: Before meals: _____   After meals: _____

My physical activity goal: _____

	Date	Breakfast Time BG*	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
Monday								☐ Yes ☐ No
Tuesday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No
Wednesday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No
Thursday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No
Friday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No
Saturday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No
Sunday	Date	Breakfast Time BG	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
								☐ Yes ☐ No

*BG = Blood Glucose

- I will call my health care professional if my blood sugar is below:_____   above: _____

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