

# Blood Sugar Log for the Week of \_\_\_\_\_

	Breakfast			Lunch			Dinner			Bedtime			During the Night		
	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
Saturday															
Sunday															

## Weekly blood sugar notes

Use this side of the page to record your blood sugar, and the opposite side to record the amount of carbs you eat each day.