

# Blood Sugar Tracker

Patient Name: \_\_\_\_\_

My target blood sugar ranges: \_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL

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

Target before meals: \_\_\_\_\_ mg/dL

Target 1-2 hours after meals: \_\_\_\_\_ mg/dL

	Breakfast				Lunch			Dinner			Bedtime			
	Fasting Blood Sugar	Medication	Blood Sugar Pre-Meal	Blood Sugar Post-Meal	Food/ Carb	Medication	Blood Sugar Pre-Meal	Blood Sugar Post-Meal	Food/ Carb	Medication	Blood Sugar	Food/ Carb	Medication	Blood Sugar
<b>M</b>														
	Activity: _____													
<b>Tu</b>														
	Activity: _____													
<b>W</b>														
	Activity: _____													
<b>Th</b>														
	Activity: _____													
<b>F</b>														
	Activity: _____													
<b>Sa</b>														
	Activity: _____													
<b>Su</b>														
	Activity: _____													

Additional Notes: \_\_\_\_\_