

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
M														
	Activity: _____													
Tu														
	Activity: _____													
W														
	Activity: _____													
Th														
	Activity: _____													
F														
	Activity: _____													
Sa														
	Activity: _____													
Su														
	Activity: _____													

Additional Notes: