

My Blood Glucose Log

Use this log to keep track of your blood glucose readings.

My fasting goal is _____. My goal for 2 hours after a meal is _____. My nighttime goal is _____.

Day	Breakfast				Lunch				Dinner				Nighttime (if needed)			
	Before		2 Hours After		Before		2 Hours After		Before		2 Hours After		At Bedtime		Middle of Night	
	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose	Time	Blood Glucose
Sun																
Mon																
Tues																
Wed																
Thurs																
Fri																
Sat																