

A BLOOD SUGAR DIARY

An important part of managing your diabetes is checking your blood sugar levels. This is something that most people can do at home with self-monitoring. Checking your blood sugar levels – and keeping a record – helps you and your doctor track your progress. Every time you check your blood, write it down in this diary. When you visit the doctor take it with you. The information will help you and your doctor set blood sugar goals to keep your sugar under control.

Time period:	_____ / _____ / _____ to _____ / _____ / _____
Name:	_____
Address:	_____
City, State, Zip	_____
Phone:	_____
Doctor Name:	_____
Doctor Phone:	_____

I need to test my blood sugar _____ times a day.

I should test my blood sugar:

- | | |
|---|--|
| <input type="checkbox"/> When I wake up | <input type="checkbox"/> After breakfast |
| <input type="checkbox"/> Before lunch | <input type="checkbox"/> After lunch |
| <input type="checkbox"/> Before dinner | <input type="checkbox"/> After dinner |
| <input type="checkbox"/> Before bedtime | <input type="checkbox"/> After exercise |
| <input type="checkbox"/> After exercise | <input type="checkbox"/> Other _____ |



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medication							
Breakfast	/	/	/	/	/	/	/
Pre/Post Time	/	/	/	/	/	/	/
Medication							
Lunch	/	/	/	/	/	/	/
Pre/Post Time	/	/	/	/	/	/	/
Medication							
Dinner	/	/	/	/	/	/	/
Pre/Post Time	/	/	/	/	/	/	/
Medication							
Bedtime	/	/	/	/	/	/	/
Pre/Post Time	/	/	/	/	/	/	/
Medication							
Other	/	/	/	/	/	/	/
Pre/Post Time	/	/	/	/	/	/	/
Notes							

