

Tracking Your Blood Sugar

Make every day count: A tool to help manage your diabetes

Writing down your daily blood sugar numbers can help you manage your diabetes. Be sure to:

- Work with your doctor to set your blood sugar goals
- Stick to your diabetes care plan

This will help you and your diabetes care team see what works and what doesn't. Then you can make changes to your care plan.

Weekly Blood Sugar Tracker

Talk to your doctor about setting goals and how often you should test your blood sugar.

Goals: _____

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

This material has been developed by GlaxoSmithKline.

Be sure to show this chart to your doctor at your next visit!

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

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