

Geauga Family Physicians Blood Sugar Log

By recording your blood sugar readings and sharing them with your doctor, you can both get a better idea of how your treatment plan is working and if it should be adjusted.

Week of ____/____/____ to ____/____/____

Patient's Name: _____
 Date of Birth: ____/____/____ Doctor's Name: (__ Dr. Moritz) (__ Dr. Urbancic) (__ Dr. Carlson)

Blood Glucose Targets
 Before Breakfast: 70 to 130 mg/dl
 Two hours after meals: Below 180 mg/dl
 My A1C level is ____ My A1C goal is ____

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Date	Day	Breakfast		Lunch		Dinner		Bedtime	Comments: (Note exercise, illness, stress or other factors that may affect your numbers.)
		Before	After	Before	After	Before	After		
	Sun.								
	Mon.								
	Tues.								
	Wed.								
	Thurs.								
	Fri.								
	Sat.								
	Sun.								
	Mon.								
	Tues.								
	Wed.								
	Thurs.								
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