

# DAILY DIABETES LOG

Week of: \_\_\_\_\_

	Fasting Blood Sugar	Med/ Insulin	Lunch Blood Sugar	Med/ Insulin	Dinner Blood Sugar	Med/ Insulin	Before Bed Blood Sugar	Med/ Insulin	COMMENTS DIET, EXERCISE, SICKNESS, STRESS
	Before/ After		Before / After		Before/ After				
M O N									
T U E									
W E D									
T H R									
F R I									
S A T									
S U N									

**TIMES TO CHECK YOUR BLOOD SUGAR:** Before you eat in the morning and 2 hours after a meal. Monitor at different times during the day and with different foods to see if your blood sugar levels vary.

*\*Discuss your personal monitoring times with your doctor.*

REFERNCE CHART	Average Target Blood Sugar Levels*	Your Personal Blood Sugar Goals *
At waking (before breakfast)	80 to 120	_____ to _____
Before meals	80 to 120	_____ to _____
2 hrs after meals	180 or less	_____ or less
At bedtime	100 to 140	_____ to _____

\*Work with your doctor to establish daily blood glucose goals appropriate for you.  
Daily Log Adapted from NIH/NIDDK Publication, Courtesy of About Diabetes at <http://diabetes.about.com>

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## What should I do with my blood glucose results?

1. Write down when you took the test and your blood sugar number.
2. Make a note of things that seem to change your blood sugar levels like when you ate too much or too little or when you are sick.
3. Take these records to your doctor and discuss your diabetes control.
4. If your blood sugar numbers are too high or low discuss ways to obtain your ideal levels.
5. Call your doctor if your blood sugar numbers are higher or lower than your ideal level for 2 to 3 days.

**Reference:** Adapted from: <http://ndep.nih.gov/materials/2001campaign/englishbrochure.pdf>, Accessed on June 2, 2003.