

# BLOOD SUGAR DIARY

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

My Blood Sugar Goals: Waking Up: \_\_\_\_\_ Before Meals: \_\_\_\_\_ 2 Hours After Meals: \_\_\_\_\_ Bedtime: \_\_\_\_\_

Day / Date	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Bedtime
		Before	2 hr After		Before	2 hr After		Before	2 hr After		
MON 2 / 10	Metformin 1,000 mg	101	160		130	198	Metformin 1,000 mg	122	176	Lantus 20 units	135
		8am	10:10am		12:30	2:20pm		6pm	8pm		10pm
<b>Comments:*</b>	Walked 30 minutes today - faster than last week. Ate a big plate of pasta for lunch.										
Day / Date	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Bedtime
MON /											
<b>Comments:</b>											
TUE /											
<b>Comments:</b>											
WED /											
<b>Comments:</b>											
THU /											
<b>Comments:</b>											
FRI /											
<b>Comments:</b>											
SAT /											
<b>Comments:</b>											
SUN /											
<b>Comments:</b>											

\*Bring the diary page to your next diabetes-care appointment.