Blood Sugar Log

Free printable from MedKeep
medkeep.app/templates

Name: _____ Meter: _____ Target range from my care team: _____ Week of: _____

Check at the times your doctor recommends and write the result in mg/dL. Note anything that might have affected a reading: food, activity, illness, stress or a medicine change.

Date	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Bedtime	Notes (food, activity, medicine, how you felt)

For personal record-keeping only — not medical advice. Ask your doctor or pharmacist about your results and medicines.

Keep it on your phone: MedKeep for Android