

Blood Sugar Log

Please track your blood glucose and insulin doses two weeks prior to your next appointment and attach the logs to MyChart.

**You do not need to track carbs if you do not count carbs
Target Range: _____

DATE	1-4 A M	BREAKFAST		LUNCH		DINNER		BEDTIME 2+ hours after dinner	LONG- ACTING INSULIN	COMMENTS Physical activity? Changes in insulin dose? Illness? Ketones? Lows?
EXAMPLE	BLOOD GLUCOSE	BLOOD GLUCOSE	**CARBS 47g	BLOOD GLUCOSE	**CARBS 98g	BLOOD GLUCOSE	**CARBS 72g	BLOOD GLUCOSE	TIME 8 p.m.	<i>Felt low after 30min walk, drank juice</i>
10/27	248	164	INSULIN DOSE 3u	313	INSULIN DOSE 5u	64/98	INSULIN DOSE 5u	203	INSULIN DOSE 11u	
MONDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
TUESDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
WEDNESDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
THURSDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
FRIDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
SATURDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	
SUNDAY	BG	BG	C	BG	C	BG	C	BG	TIME	
			I		I		I		I	