

Blood sugar log sheet

Target Range: _____

DATE	2 AM		BREAKFAST		LUNCH		DINNER		BEDTIME 2+ hours after dinner	LONG- ACTING INSULIN	COMMENTS Physical activity? Snacks? Changes in insulin dose? Illness? Ketones? Lows?
	BLOOD GLUCOSE		BLOOD GLUCOSE	CARBS INSULIN DOSE	BLOOD GLUCOSE	CARBS INSULIN DOSE	BLOOD GLUCOSE	CARBS INSULIN DOSE			
EXAMPLE	BLOOD GLUCOSE		BLOOD GLUCOSE	CARBS INSULIN DOSE	BLOOD GLUCOSE	CARBS INSULIN DOSE	BLOOD GLUCOSE	CARBS INSULIN DOSE	BLOOD GLUCOSE	TIME INSULIN DOSE	
10/27	248	164	313	47g 3u	64/98	98g 5u	64/98	72g 5u	203	8 p.m. 11u	
MONDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
TUESDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
WEDNESDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
THURSDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
FRIDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
SATURDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	
SUNDAY	BG	BG	BG	C	BG	C	BG	C	BG	TIME	
				I		I		I		I	

