

Diabetes Blood Sugar Log

My current A1C is _____. My A1C goal is _____. My target blood sugar is _____(before meals) _____(after meals).

My physical activity goal _____.

	Date	Breakfast Time BG*	Lunch Time BG	Dinner Time BG	Bedtime Time BG	Snack Time BG	Comments (sick, stress, medication)	Physical Activity
SUN								Yes No
MON								Yes No
TUE								Yes No
WED								Yes No
THU								Yes No
FRI								Yes No
SAT								Yes No

*BG = Blood Glucose

I will call my doctor or other member of my care team if my blood sugar is below: _____ above: _____.

Phone number: _____ ext _____

HEALTH EDUCATION

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