

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		Lunch		Dinner		Bedtime		Snack		Comments (sick, stress, medication)	Physical Activity	
		Time	BG*	Time	BG	Time	BG	Time	BG	Time	BG		Yes	No
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