

BLOOD GLUCOSE LOG

Patient Name: _____

Date of Birth: _____

Date	What was bedtime snack?	Fasting Before breakfast	What was breakfast?	1 Hour After breakfast	What was lunch?	1 Hour After lunch	What was dinner?	1 Hour After dinner
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Blood Sugar		< 90		< 130		< 130		< 130

Blood Sugar Target Goals: Before breakfast 60-89

1 hour after meals 129 or less (one hour from the beginning of the meal)

PATIENT LABEL

PS 3398 DIABETIC RECORD 05/05/25

