Diabetes Blood Sugar Log

My current A1C is: _____ My A1C goal is: _____ My target blood sugar: 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
Sunday								☐ Yes ☐ No
Monday								☐ Yes ☐ No
Tuesday								☐ Yes ☐ No
Wednesday								☐ Yes ☐ No
Thursday								☐ Yes ☐ No
Friday								☐ Yes ☐ No
Saturday								☐ Yes ☐ No

*BG = Blood Glucose

- I will call my doctor or health care professional if my blood sugar is below:_____ above: _____
- Phone number of my doctor or health care professional: _____

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