

Weekly Blood Sugar Monitoring Log Sheet

Date: _____ to _____

	Breakfast				Lunch				Dinner					
	Pre Meal	Food	2 hr Post	Snack	Pre Meal	Food	2hr Post	Snack	Pre Meal	Food	2hr Post	Bedtime	Snack	3am test
Blood Sugar														
Insulin/ Meds														
Notes/physical activity:														
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Notes/physical activity:														

Before Meal Blood Sugar Target Range: 4-7 mmol

2 hours post meal Blood Sugar Target Range: 5-8 mmol