

WEEKLY BLOOD SUGAR LOG									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Breakfast									
Lunch									
Dinner									
Snacks									
Notes									
Meds									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Breakfast Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lunch Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lunch Dinner Snacks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		

	BLOOD GLUCOSE CHART								
	Mg/DL	Fasting	After Eating	2-3 hours After Eating					
L	Normal	80-100	170-200	120-140					
L	Impaired Glucose	101-125	190-230	140-160	+				
L	Diabetic	126+	220-300	200 plus	-				