## **BLOOD SUGAR** TRACKER

mg/dL

mg/dL to

WEEK OF	//	1	to	//	/

\_\_\_mg/dL **BEFORE** meals

mg/dL **2 HOURS AFTER** meals

	BREAKFAST					DINNER				BEDTIME				
	Medication /Dose	Medication Blood Sugar /Dose Pre-meal - Post-meal		Food/Carb	Medication /Dose	Medication Blood Sugar /Dose Pre-meal - Post-meal		Food/Carb	Medication /Dose	Blood Sugar Pre-meal - Post-meal		Food/Carb	Medication /Dose	Blood Sugar Before Bed
М														
IVI	Notes:													
Tu	Notes:													
W	Notes:													
Th														
	Notes:													
F														
	Notes:													
Sa														
	Notes:													
<b>C</b>														
Su	Notes:													
Additional Notes:														

My target blood sugar ranges: