

# Your blood sugar tracker

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

		BLOOD SUGAR RESULTS*								
		Breakfast		Lunch		Dinner		Bedtime	Night	
		BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time	
Medicine type and dose ▼	<b>MONDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>TUESDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>WEDNESDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>THURSDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>FRIDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>SATURDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									
Medicine type and dose ▼	<b>SUNDAY</b>	Time	Time	Time	Time	Time	Time			
	units									
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
	Carb intake ▶									
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units				
	Other ▶									