## Your blood sugar tracker

Date:	/	'	/

			BLOOD SUGAR RESULTS*							
		Breakfast Lunch Dinner Bedtime Night								
	MONDAY	BEFORE	AFTER		AFTER	BEFORE	AFTER	Time	Time	
	units	Time	Time	Time	Time	Time	Time	TITLE	TITLE	
and dose 🗸										
9										
ס		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	
a	Carb intake 🕨									
	Mealtime insulin dose	Breakfast	units	Lunch	units	Dinner	units			
	Other >									
	o there	Brea	kfast	Lui	h	Din	ner	Bedtime	Niaht	
	TUESDAY	BEFORE	AFTER		AFTER	BEFORE	AFTER	Time	Time	
	units	Time	Time	Time	Time	Time	Time	TITIO	TIMO	
Se .										
and dose 🗸										
σ		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/d	
and	Carb intake 🕨				-					
	Mealtime insulin dose >	Breakfast	units	Lunch	units	Dinner	units			
	Other >									
	o there	Breakfast		Lui	h	Din	ner	Bedtime	Night	
	WEDNESDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time	
and dose 🗸	units	Time	Time	Time	Time	Time	Time	hino	TIMO	
'S										
8										
σ		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/d	
an	Carb intake 🕨									
		Breakfast	units	Lunch	units	Dinner	units			
	Other >									
	Other	Brea	kfast	Lui	h	Din	ner	Bedtime	Night	
	THURSDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time	
	units	Time	Time	Time	Time	Time	Time	TITLE	TIME	
Ś.		. 11110	TITIO	TITIO	TIMO	TITIO	TIMO			
and dose										
σ		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dl	
an.	Carb intake 🕨	Ŭ		, , , , , , , , , , , , , , , , , , ,						
	Mealtime insulin dose	Breakfast	units	Lunch	units	Dinner	units			
-	Other >									
		Brea	kfast	Lu	h	Din	ner	Bedtime	Night	
	FRIDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time	
	units	Time	Time	Time	Time	Time	Time	TITIO	TITIC	
SS (										
9										
ס		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/d	
Medicine type and dose	Carb intake 🕨									
	Mealtime insulin dose >	Breakfast	units	Lunch	units	Dinner	units			
	Other >									
	o there	Brea	kfast		nch	Din	ner	Bedtime	Night	
	SATURDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time	
	units	Time	Time	Time	Time	Time	Time			
Se										
dose 🗸									mg/d	
nd dose 🔻		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	ing/ a	
and dose	Carb intake ►							mg/dL		
and dose 🗸			mg/dL	mg/dL		mg/dL	mg/dL	mg/dL		
and dose	Mealtime insulin dose►							mg/dL		
and dose		Breakfast _	units	Lunch	units	Dinner	units		Night	
and dose	Mealtime insulin dose > Other >	Breakfast _	units	Lunch	units	Dinner	units	Bedtime	Night	
	Mealtime insulin dose►	Breakfast _	units	Lunch	units	Dinner	units			
	Mealtime insulin dose Other SUNDAY	Breakfast	units kfast AFTER	Lunch	units nch AFTER	Dinner	units	Bedtime	Night	
	Mealtime insulin dose Other SUNDAY	Breakfast Brea BEFORE Time	units kfast AFTER	Lunch	units nch AFTER	Dinner	units	Bedtime	Night	
	Mealtime insulin dose Other SUNDAY	Breakfast	units kfast AFTER	Lunch	units nch AFTER Time	Dinner	units ner AFTER Time	Bedtime	Night Time	
	Mealtime insulin dose Other SUNDAY units	Breakfast Brea BEFORE Time	units kfast AFTER Time	Lunch	units nch AFTER Time	Dinner Din BEFORE Time	units ner AFTER Time	Bedtime Time	Night	
and dose	Mealtime insulin dose Other SUNDAY	Breakfast BEFORE Time mg/dL	units kfast AFTER Time mg/dL	Lunch	units	Dinner Din BEFORE Time	units	Bedtime Time	Night Time	