



# My Blood Glucose Log

- Write down the time and blood glucose number before and 2 hours after every meal for every day of the week.
- Also write down the time and blood glucose number at nighttime if needed at bedtime and in the middle of the night.

Name \_\_\_\_\_

## BLOOD GLUCOSE LOG

Day	Breakfast				Lunch				Dinner				Nighttime (if needed)			
	Before		2 Hours After		Before		2 Hours After		Before		2 Hours After		At Bedtime		Middle of Night	
	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number
Sun																
Mon																
Tues																
Wed																
Thurs																
Fri																
Sat																

Adapted from the Diabetes Go-To Guide created by Krames in collaboration with the American Diabetes Association.  
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