

Blood Glucose Log

NAME: _____

DATE	BREAKFAST			LUNCH			DINNER			BEDTIME OR NIGHTTIME
	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	Medication	Before Meal Time/Glucose	After Meal Time/Glucose	
<i>Food Log Notes:</i>										
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BLOOG GLUCOSE GOALS

TIME OF DAY

- Upon waking (fasting level)
- Before meals
- One to two hours after the start of a meal
- Bedtime
- Difference before and after meals

USUAL GOALS

- 70–130 mg/dL
- 70–130 mg/dL
- < 180 mg/dL
- 100–150 mg/dL
- < 40–50 mg/dL

MY GOALS

- _____ mg/dL
- _____ mg/dL
- _____ mg/dL
- _____ mg/dL
- _____ mg/dL



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