



BLOOD SUGAR LOG

Obstetrics & Gynecology

Week of: ___ / ___ / ___ to: ___ / ___ / ___

My target blood sugar ranges are:

Belongs to: _____

_____ mg/dL to _____ mg/dL before meals

Healthcare Professional: _____

_____ mg/dL to _____ mg/dL 2 hours after meals

Phone: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medication							
Breakfast Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
Lunch Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
Dinner Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
Bedtime Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
3 AM Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
Other Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Notes							