



## 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							
<b>Breakfast</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
<b>Lunch</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
<b>Dinner</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
<b>Bedtime</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
<b>3 AM</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Medication							
<b>Other</b> Pre/Post-Time	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /	____ / ____ /
Notes							