MY 4-WEEK

Blood Sugar Log

One place for every reading, for you and for your doctor.

About me	
Name	
Doctor or nurse name and phone	
My meter	

My targets	written in by your doctor or nurse
Before meals	from _____ to _____
After meals	under _____
At bedtime	from _____ to _____
Call my doctor if	under _____ or over _____
When to test	

How to use this log

1. Ask your doctor or nurse when to test and what your targets are. Targets are different for every person.
2. Write each reading in its box on the week page. Leave a box empty when there was no test.
3. Use Notes for anything that may matter: a late meal, a walk, a new medicine, feeling unwell.
4. Bring the log to every appointment, together with your medicine list.

Filling it in for a parent?

Write every number exactly as the meter shows it, even the ones that worry you. The doctor needs the real readings.

Not medical advice. Your doctor or nurse sets your targets and tells you what to do about a reading.

Blood Sugar Log · WEEK OF _____

One reading per box. Leave a box empty if there was no test. Print as many week pages as you need.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date							
Before breakfast							
After breakfast							
Before lunch							
After lunch							
Before dinner							
After dinner							
Bedtime							
Notes food, activity, medicine, how I felt							

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One reading per box. Leave a box empty if there was no test. Print as many week pages as you need.

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Before dinner							
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Before dinner							
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Notes food, activity, medicine, how I felt							

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Blood Sugar Log · NEXT VISIT

Fill this in during the weeks before the visit, and take it with you.

Readings that worried me

Date	Time	Reading	What was happening

Questions I want to ask

Changes since my last visit

medicine, food, activity, how I have been feeling