

Diabetic Blood Sugar Log

Name: _____ Month: _____ Year: _____

Day	Breakfast		Lunch		Dinner		Bedtime	Other	Comments
	Before	After	Before	After	Before	After			
1									
2									
3									
4									
5									
6									
7									
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26									
27									
28									
29									
30									
31									

AACE: Fasting/Pre-Meal: 70-110
2 Hours After Meals: 70-140
Bedtime: 100-140

ADA: Fasting/Pre-Meal: 80-130
2 Hours After Meals: 80-180
Bedtime: 100-180

Other: _____