



WEEKLY BLOOD SUGAR LOG							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Notes							
Meds							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Notes							
Meds							

Mg/DL	Fasting	After Eating	2-3 hours After Eating	
Normal	80-100	170-200	120-140	👍
Impaired Glucose	101-125	190-230	140-160	↕
Diabetic	126+	220-300	200 plus	👎