

# BLOOD SUGAR LOG

**NAME:**

**MONTH:**

| DAY       | Fasting | Breakfast | Lunch | Dinner | Snacks |
|-----------|---------|-----------|-------|--------|--------|
| Sunday    |         |           |       |        |        |
| Monday    |         |           |       |        |        |
| Tuesday   |         |           |       |        |        |
| Wednesday |         |           |       |        |        |
| Thursday  |         |           |       |        |        |
| Friday    |         |           |       |        |        |
| Saturday  |         |           |       |        |        |

**MY TARGET BLOOD SUGAR GOALS:**

**Fasting:** \_\_\_\_\_ (Example: 80-110g/dl)

**2 hours after the start of a meal:** \_\_\_\_\_ (Example: 145-180 g/dl or less)