

Weekly Logbook Week of: _____

Target Blood Glucose Ranges

Fasting: _____mg/dL to _____mg/dL Pre Meal: _____mg/dL to _____mg/dL Post Meal: _____mg/dL to _____mg/dL



		Breakfast		Lunch		Dinner		Bedtime		Comments
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	
Sun.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Mon.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Tues.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Wed.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Thurs.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Fri.	Blood Sugar									
	Time									
	Meds									
	Carbs									
Sat.	Blood Sugar									
	Time									
	Meds									
	Carbs									