Blood Sugar Tracker

TEAMING UP for Diabetes

Patient Name: _____

Week of: ___ / ___ / _____ to ___ / ___ / _____

My target blood sugar ranges: _____ mg/dL to _____ mg/dL

Target before meals: _____ mg/dL

Target 1-2 hours after meals: _____ mg/dL

	Breakfast					Lunch				Dinner				Bedtime	
	Fasting Blood Sugar	Medication	Blood Sugar Pre-Meal	Blood Sugar Post-Meal	Food/ Carb	Medication	Blood Sugar Pre-Meal	Blood Sugar Post-Meal	Food/ Carb	Medication	Blood Sugar Pre-Meal	Blood Sugar Post-Meal	Food/ Carb	Medication	Blood Sugar
M															
	Activity:														
Tu															
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Additional Notes:

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