

# WEEKLY BLOOD SUGAR LOG

Week of:    /    /   

		BREAKFAST		LUNCH		DINNER		EVENING				
Date:	Day:	Medication	Before / After		Medication:	Before / After		Medication:	Before / After		Medication:	Bedtime
			Time:	Time:		Time:	Time:		Time:	Time:		
			Blood Sugar:	Blood Sugar:		Blood Sugar:	Blood Sugar:		Blood Sugar:	Blood Sugar:		
	MON.											
Comments:												
	TUE.											
Comments:												
	WED.											
Comments:												
	THUR.											
Comments:												
	FRI.											
Comments:												
	SAT.											
Comments:												
	SUN.											
Comments:												