

YOUR BLOOD SUGAR DIARY

For one month, use the diary below to record your fasting (before breakfast) blood sugar levels, your blood sugar levels before and after eating, as well as what you ate for breakfast, lunch and dinner. Your doctor or diabetes nurse educator will discuss with you what time and how often you should check your blood sugar. Discuss any patterns with your doctor or diabetes nurse educator. It can help them make decisions about adjusting your insulin dose and keep the conversation going about your treatment.





Example:





	Before (wake up)	Breakfast	After
Mon.	4.8	Bagel	9.0
Tue.			

Write down how often your healthcare provider wants you to check your blood sugar:




	Before (wake up)	Breakfast	After	Before	Lunch	After	Before	Supper	After	Bedtime
Mon.										
Tue.										
Wed.										
Thur.										
Fri.										
Sat.										
Sun.										





BLOOD SUGAR DIARY

										
	Before (wake up)	Breakfast	After	Before	Lunch	After	Before	Supper	After	Bedtime
Mon.										
Tue.										
Wed.										
Thur.										
Fri.										
Sat.										
Sun.										

										
	Before (wake up)	Breakfast	After	Before	Lunch	After	Before	Supper	After	Bedtime
Mon.										
Tue.										
Wed.										
Thur.										
Fri.										
Sat.										
Sun.										

BLOOD SUGAR DIARY

										
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