

MY BLOOD GLUCOSE (SUGAR) DIARY

NAME: _____

Date	Time	Blood Sugar Reading (mg/dl)	Meal Record	Comments
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			
	A.M.			
	Midday			
	P.M.			