PATIENT NAME: _____

PLEASE BRING THIS LOG TO YOUR NEXT APPOINTMENT

Blood Sugar Log

Mon: Before/After	Tues: Before/After	Wed: Before/After	Thurs: Before/After	Fri: Before/After	Sat: Before/After	Sun: Before/After
DATE	DATE	DATE	DATE	DATE	DATE	DATE
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
Mon: Before/After	Tues: Before/After	Wed: Before/After	Thurs: Before/After	Fri: Before/After	Sat: Before/After	Sun: Before/After
DATE	DATE	DATE	DATE	DATE	DATE	DATE
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
Mon: Before/After	Tues: Before/After	Wed: Before/After	Thurs: Before/After	Fri: Before/After	Sat: Before/After	Sun: Before/After
DATE	DATE	DATE	DATE	DATE	DATE	DATE
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
Mon: Before/After	Tues: Before/After	Wed: Before/After	Thurs: Before/After	Fri: Before/After	Sat: Before/After	Sun: Before/After
DATE	DATE	DATE	DATE	DATE	DATE	DATE
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Constance George-Adebayo, MD