Blood Sugar Log

4 weeks · fasting, before and after meals, bedtime · tick your unit: mg/dL □ · mmol/L □

RemMedy

Free template · https://remmedy.70six.de/en/blood-pressure-log/#blood-sugar

NAME | PERIOD FROM · TO | TARGET RANGE SET BY YOUR DOCTOR | MEDICATION / INSULIN | METER

Week 1

Date	Fasting	Breakfast		Lunch		Dinner		Bedtime	Insulin · tablets dose, time	Notes exercise, illness, lows, anything unusual
		before	after	before	after	before	after			
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

Week 2

Date	Fasting	Breakfast		Lunch		Dinner		Bedtime	Insulin · tablets dose, time	Notes exercise, illness, lows, anything unusual
		before	after	before	after	before	after			
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

Personal record-keeping aid, not medical advice. Your doctor sets your targets and treatment. Act immediately and seek medical help for signs of severe hypo- or hyperglycemia.

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4 weeks · fasting, before and after meals, bedtime · tick your unit: mg/dL □ · mmol/L □

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NAME | PERIOD FROM · TO | TARGET RANGE SET BY YOUR DOCTOR | MEDICATION / INSULIN | METER

Week 3

Date	Fasting	Breakfast		Lunch		Dinner		Bedtime	Insulin · tablets dose, time	Notes exercise, illness, lows, anything unusual
		before	after	before	after	before	after			
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

Week 4

Date	Fasting	Breakfast		Lunch		Dinner		Bedtime	Insulin · tablets dose, time	Notes exercise, illness, lows, anything unusual
		before	after	before	after	before	after			
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

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