

Blood Sugar Log

Name: _____

Meter / sensor: _____

Readings and times my clinician asked me to record: _____

Nothing on this sheet is a target. Write what your doctor, nurse or diabetes team told you to aim for and when to test, and follow that, not the page.

[illegible]

Tick Before or After to say where the reading sits around a meal. Take the sheet to your appointment: reading the pattern, and saying what any number means, is your clinician's job.