

Blood Glucose Log (mg/dL) Name _____ Week of _____ My target range _____ to _____ mg/dL

Reference: the American Diabetes Association's general targets for many nonpregnant adults with diabetes are **80 to 130 mg/dL** before a meal and **under 180 mg/dL** one to two hours after the start of a meal. Targets are individual: the range your care team gave you comes first. Write readings down right away, with the time, and add what was going on in the notes.

DAY	BREAKFAST		LUNCH		DINNER		BEDTIME	OVERNIGHT	NOTES: FOOD, ACTIVITY, ILLNESS, STRESS, HOW YOU FELT
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER			
Monday Date _____									
Tuesday Date _____									
Wednesday Date _____									
Thursday Date _____									
Friday Date _____									
Saturday Date _____									
Sunday Date _____									



Free from sugarsense.io/blood-glucose-log. Sugar Sense records CGM readings automatically (FreeStyle Libre, Dexcom, Nightscout) and keeps a free LogBook for meals, notes and manual readings, with alerts that reach a phone, a watch and the people who follow you. This sheet is for your own records and your care team. It is not medical advice, and it has no dose column by design.