

Blood Glucose Log

Day	Date	Breakfast		Lunch		Dinner		Bedtime	Comments/Notes
		Before	After	Before	After	Before	After		
Monday									
Tuesday									
Wednesday									
Thursday									
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Sunday									

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Show your blood glucose log to your physician at all visits.

Ask your physician for a prescription for blood glucose testing supplies or continuous glucose monitor to support your diabetes self-care.



BayCareDiabetes.org