



Home Blood Sugar Diary

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Tracking your blood sugar

Name: _____

Blood sugar target range: _____ to _____.

Track your blood sugar each day.

Home blood sugar diary

Week of _____.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time (breakfast)							
Blood sugar							
Medicine							
Time (lunch)							
Blood sugar							
Medicine							
Time (dinner)							
Blood sugar							
Medicine							
Time (bed)							
Blood sugar							
Medicine							

Add any comments below:

- _____
- _____
- _____
- _____
- _____

Credits

Current as of: April 30, 2024

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Clinical Review Board (<https://www.healthwise.org/specialpages/legal/abouthw/en>)

All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.

Note: The "printer friendly" document will not contain all the information available in the online document. Some information (e.g. cross-references to other topics, definitions or medical illustrations) is only available in the online version.



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