

Interactive Blood Sugar Diary

My target blood sugar ranges are _____ mg/dL to _____ mg/dL before meals.
 My target blood sugar ranges are _____ mg/dL to _____ mg/dL 2 hours after meals.
 Week of _____ mg/dL to _____ mg/dL at bedtime.

My target blood sugar ranges are _____ mg/dL to _____ mg/dL before meals.
 My target blood sugar ranges are _____ mg/dL to _____ mg/dL 2 hours after meals.
 Week of _____ mg/dL to _____ mg/dL at bedtime.

	Medi- cation	Breakfast Pre-/Post-Time	Medi- cation	Lunch Pre-/Post-Time	Medi- cation	Dinner Pre-/Post-Time	Medi- cation	Bedtime Pre-/Post-Time	Exer- cise
Mon									
Carb servings:									
Tues									
Carb servings:									
Wed									
Carb servings:									
Thurs									
Carb servings:									
Fri									
Carb servings:									
Sat									
Carb servings:									
Sun									
Carb servings:									

	Medi- cation	Breakfast Pre-/Post-Time	Medi- cation	Lunch Pre-/Post-Time	Medi- cation	Dinner Pre-/Post-Time	Medi- cation	Bedtime Pre-/Post-Time	Exer- cise
Mon									
Carb servings:									
Tues									
Carb servings:									
Wed									
Carb servings:									
Thurs									
Carb servings:									
Fri									
Carb servings:									
Sat									
Carb servings:									
Sun									
Carb servings:									