## **Blood Sugar Log**

Nar	ne:			Acct#:	
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<sup>\*</sup>Once fasting **before** you eat breakfast; 2 hours **after** eating breakfast, lunch, and dinner

D-4-	Fasting	Breakfast	Lunch	Dinner	Comments (stantad on shongs in made his food day, stall
Date	(<95)	(<120)	(<120)	(<120)	Comments (started or change in meds, big food day, etc)
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<sup>\*</sup>You should be checking your blood sugar 4 times daily