



Weekly logbook

Target blood glucose ranges

Fasting: _____ mg/dL to _____ mg/dL

Pre meal: _____ mg/dL to _____ mg/dL

Post meal: _____ mg/dL to _____ mg/dL

Week of:

		Breakfast		Lunch		Dinner		Bedtime	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post
Sun.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Mon.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Tues.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Wed.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Thurs.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Fri.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							
Sat.	Comments:	Blood Sugar:							
		Time:							
		Meds:							
		Carbs:							