



CFP

CARTER FAMILY PRACTICE
MODERN MEDICINE,
CLASSIC CARE

BLOOD GLUCOSE LOG



Free printable tools to help you understand your health, recognize patterns, and make every appointment more meaningful.

Modern devices collect data. Classic tracking tells the story.

Smart watches, blood pressure monitors, glucose monitors, and health apps are wonderful tools. Our Health Logs are designed to work alongside those technologies, giving you a simple place to record symptoms, habits, medications, questions, and life events that technology can't always capture. Together, they help you and your healthcare provider see the bigger picture.



Data is important.
Understanding is
what improves health.

*Modern Medicine,
Classic Care.*

Month / Year: _____



My Blood Sugar Goal: _____



My A1C Goal: _____

Most Recent A1C: _____

Date: _____

DATE	FASTING (morning)	BEFORE MEAL (any meal)	2 HOURS AFTER MEAL	BEDTIME	HOW ARE YOU FEELING TODAY? (circle all that apply)	NOTES (anything that may affect your readings)
					Shaky Sweaty Hungry Dizzy Blurry Thirsty ↑ Urination Fatigue Normal	
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TIPS FOR ACCURATE BLOOD SUGAR READINGS

- ✓ Wash and dry your hands before checking.
- ✓ Use the side of your fingertip.
- ✓ Check at the times recommended by Karen.
- ✓ Record anything unusual that may affect your reading (illness, exercise, missed meals, stress).
- ✓ Looking for trends is more helpful than focusing on one number.



QUESTIONS ABOUT YOUR READINGS?

Karen is here to help.

Looking for patterns is more helpful than focusing on a single reading. If your blood sugar readings are consistently outside your goal range, or you're noticing new or worsening symptoms, please reach out to Karen.



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Call 911 immediately for severe chest pain, signs of stroke, severe shortness of breath, or another medical emergency.



Thank you for taking an active role in your health.



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