

Weekly Blood Sugar Logbook

Week of:

Week of:		Before Breakfast	Before Lunch	Before Dinner	Bedtime
Mon	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Tue	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Wed	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Thur	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Fri	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Sat	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				
Sun	Food Diary				
	Breakfast:				
	Lunch:				
	Supper:				
	Blood sugar:				
	Insulin:				
	Carbs: (g)				

Your Target Glucose Level: 4-6

Your Long Acting Insulin:

Your Short Acting Insulin:

Doctor's Recommendations: Check your sugar 4 times daily before each meal and before bedtime.

Email your sugar log on evening before your next appointment to: info@acehealthcare.ca

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