

# BLOOD SUGAR LOG

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date: \_\_\_\_\_

Telephone: \_\_\_\_\_

**MY TARGET BLOOD SUGAR RANGES ARE**

\_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL before meals

\_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL 2 hours after meals

**ADA BLOOD GLUCOSE TARGETS**

Before breakfast: 70 to 130 mg/dL

2 hours after meals: below 180 mg/dL

SUN	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
MON	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
TUE	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
WED	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
THU	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
FRI	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____
SAT	Date <input type="text"/>	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	<input type="checkbox"/> I Exercised _____

**IMPORTANT SAFETY INFORMATION ABOUT INSULIN**

The most common side effect of insulin is low blood sugar. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision, while some experience no symptoms at all. That's why it's important to check your blood sugar often.