

# 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
<b>Sun.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Mon.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Tues.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Wed.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Thurs.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Fri.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								
<b>Sat.</b>	Comments:	Blood sugar:								
		Time:								
		Meds:								
		Carbs:								