

Blood Glucose Tracker

Week of: _____

	Wake Time	BREAKFAST			LUNCH			DINNER			Exercise	Bedtime
		Fasting	After	Medication	Before	After	Medication	Before	After	Medication		
Monday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Tuesday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Wednesday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Thursday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Friday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Saturday	a.m.											p.m.
Blood Sugar												
Additional Notes:												
Sunday	a.m.											p.m.
Blood Sugar												
Additional Notes:												