

Blood Glucose Log for 30 days

Name of Patient -

Gender - Male Female Others

DOB / Age -

| Date | Fasting | After breakfast | Lunch | After lunch | Dinner | After dinner | Bedtime | Comments- eg. How much time after meal |
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Instructions for printable blood sugar chart:

-If you are regularly checking glucose level at home - Record what time of the day you are taking the reading

- Doing it at various times may indicate a better understanding of the sugar fluctuations
- It is best to check sugar after 2 hours of taking a meal. Avoid checking within an hour of eating.

Source-Medindia