

MONTHLY BLOOD SUGAR RECORD

	Breakfast	2 hr after	Lunch	2 hr after	Dinner	2 hr after	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

It is important to keep a record of your blood sugars. You can copy this chart to keep a written record of your blood sugars each month.

CHECK YOUR BLOOD SUGAR _____ TIMES A DAY, _____ DAYS PER WEEK

Remember to bring your blood sugar record with you to all doctor appointments so your doctor can review it with you.