Your blood sugar tracker

Date:	/	/

	BLOOD SUGAR RESULTS*							
		kfast	Lui			ner	Bedtime	Night
MONDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time
UIIItS	Time	Time	Time	Time	Time	Time		
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/
Carb intake 🕨								
Mealtime insulin dose	Breakfast _	units	Lunch	units	Dinner	units		
Other ►	Broa	kfast		nch	Din	ner	Bedtime	Night
TUESDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time
units	Time	Time	Time	Time	Time	Time		
	mg/dL	ma/dl	ma/dl	ma/dl	ma/dl	mg/dL	mg/dL	mg/
Carb intake	IIIg/uL	IIIg/uL	IIIg/uL	IIIg/uL	IIIg/uL	IIIg/uL	IIIg/uL	iiig/
Mealtime insulin dose	Breakfast	units	Lunch	units	Dinner	units		
Other >								
	Brea		Lui	nch		ner	Bedtime	Night
WEDNESDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time
units	Time	Time	Time	Time	Time	Time		
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/
Carb intake 🕨								
Mealtime insulin dose >	Breakfast _	units	Lunch	units	Dinner	units		
Other 🕨					D '			
THURSDAY	Breal BEFORE	AFTER	BEFORE	ncn AFTER	BEFORE	AFTER	Bedtime	Night Time
	Time	Time	Time	Time	Time	Time	Time	ППе
	-			-				
Carb intake ►	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/
Mealtime insulin dose	Breakfast	units	Lunch	units	Dinner	units		
Other >								
	Brea	kfast	Lui	nch	Din	ner	Bedtime	Night
FRIDAY	BEFORE	AFTER	BEFORE	AFTER		AFTER	Time	Time
units	Time	Time	Time	Time	Time	Time		
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/
Carb intake 🕨								
Mealtime insulin dose	Breakfast _	units	Lunch	units	Dinner	units		
Other ►	Brea	kfact	Lui	ach an	Din	ner	Bedtime	Night
SATURDAY	BEFORE	AFTER	BEFORE	AFTER	BEFORE		Time	Time
units	Time	Time	Time	Time	Time	Time	Timo	
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg
Carb intake	ing/dL	ing/dL	ing/uL	iiig/dL	ilig/uL	ing/dL	ing/d2	iiig,
	Breakfast _	units	Lunch	units	Dinner	units		
Mealtime insulin dose								
Mealtime insulin dose Other		kfact	Lui			ner	Bedtime	Night
Other ►	Brea				BEFORE	AFTER	Time	Time
Other >	BEFORE	AFTER	BEFORE	AFTER				
Other ►			BEFORE Time	Time	Time	Time		
Other >	BEFORE Time	AFTER Time	Time	Time	Time	Time		
Other > SUNDAY units	BEFORE	AFTER Time		Time	Time		mg/dL	mg/
Other >	BEFORE Time mg/dL	AFTER Time mg/dL	Time	Time mg/dL	Time	Time mg/dL	mg/dL	mg/

If you'd like to use an online blood sugar tracker, you can find one at **Cornerstones4Care.com** *You and your diabetes care team will decide the best times for you to check your blood sugar.

