## **Blood Glucose Log**

- It is not necessary to fill in every box every day
  Look for patterns and things that affect your blood sugar response to better understand the connection between food, activity, stress, etc.
- Vary the times of day that you check
- · Write down the days you miss a medication dose or do something out of the ordinary

diabetes**VILLAGE** 

Date	Breakfast		Lunch		Dinner		Bedtime	Comments (eversion food etrope level etc)
	Before	2 hours after	Before	2 hours after	Before	2 hours after	beatime	Comments (exercise, food, stress level, etc)
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