

WEEKLY BLOOD GLUCOSE LOG

	Insulin Type	Breakfast		Lunch		Supper		Bedtime		Other		Comments
		Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	
Example	Regular	6	*10.3	6	8.1	8	7.4		7.6			*slept late
	NPH	16						14				
Mon												
Tues												
Wed												
Thurs												
Fri												
Sat												
Sun												

Week of: _____