Blood Glucose Log

Canadian Diabetes Association

You will need to record your blood sugar levels according to the testing pattern that you and your diabetes educator decide will work for you. Just because there are 8 spaces for each day doesn't mean that you need to test that much. Only check and record your blood glucose test results according to YOUR pattern.

Daily blood glucose record

My before meal target _____ My target 2 hours after the meal _____

Date:	Breakfast		Lunch		Dinner		Bedtime	Night	Comments
	Before	2h after	Before	2h after	Before	2h after			

All medications

Medication	Prescribed by	Dose	How often	Time of day	I take it for	Date started

Vitamins, supplements and natural health products

Product name	Dose	How often	What I take it for