BLOOD SUGAR LOG

Name_____ Physician_____

BLOOD SUGAR TEST RESULTS AND INSULIN DOSAGE									
Day/Date	**Breakfast**		**Lunch**		**Dinner**		**Bedtime**		**Comments**
	Blood Sugar Value	Insulin	Blood Sugar Value	Insulin	Blood Sugar Value	Insulin	Blood Sugar Value	Insulin	Diet, exercise, ketones, stress, feelings, general health