

Blood Sugar Tracking Sheet

Log your daily readings to spot patterns and share progress with your doctor.

General Reference Ranges*

TIME OF CHECK	TYPICAL TARGET RANGE
Fasting / Before a meal	80–130 mg/dL
1–2 hrs after start of meal	Below 180 mg/dL
Bedtime	90–150 mg/dL

*General reference only — not a prescription. Always follow the personal target range set by your doctor.

Week 1 Log

TIME / DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Fasting							
Before Breakfast							
After Breakfast							
Before Lunch							
After Lunch							
Before Dinner							
After Dinner							
Bedtime							

Tracker (cont'd)

Continue logging & note what might be affecting your numbers.

Week 2 Log

TIME / DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Fasting							
Before Breakfast							
After Breakfast							
Before Lunch							
After Lunch							
Before Dinner							
After Dinner							
Bedtime							

What Might Be Affecting My Numbers?

MEALS / CARBS

- ☐ Larger portion than usual
- ☐ New or different food
- ☐ Skipped a meal

LIFESTYLE

- ☐ Stress
- ☐ Poor sleep
- ☐ Exercise / activity

Notes
