|  |  |  |  |
| --- | --- | --- | --- |
|  | **Target blood glucose ranges** | |  |
| Weekly logbook | **Fasting:**  **Pre meal:**  **Post meal:** | mg/dL **to** mg/dL  mg/dL **to** mg/dL  mg/dL **to** mg/dL | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week of: | | | **Breakfast** | | **Lunch** | | **Dinner** | | **Bedtime** | |
| Pre | Post | Pre | Post | Pre | Post | Pre | Post |
| **Sun.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Mon.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Tues.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Wed.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Thurs.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Fri.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |
| **Sat.** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
|  | Time: |  |  |  |  |  |  |  |  |
|  | Meds: |  |  |  |  |  |  |  |  |
|  | Carbs: |  |  |  |  |  |  |  |  |

For more diabetes resources visit: www.agamatrix.com 7500-10184 Rev A