|  |  |  |
| --- | --- | --- |
|  | **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