

# Your blood sugar tracker

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

		BLOOD SUGAR RESULTS*							
		Breakfast		Lunch		Dinner		Bedtime	Night
		BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time
MONDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
TUESDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
WEDNESDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
THURSDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
FRIDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
SATURDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									
SUNDAY	units	Time	Time	Time	Time	Time	Time		
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	Carb intake ▶								
	Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units			
Other ▶									

If you'd like to use an online blood sugar tracker, you can find one at [Cornerstones4Care.com](https://www.cornerstones4care.com)

\*You and your diabetes care team will decide the best times for you to check your blood sugar.

