Blood Sugar Log

Qualicare

Name		Week of		Units	☐ mmol/L ☐ mg/dL
Target range from your doctor					

Day		Morning	Lunch	Dinner	Bedtime	Activity and notes
Sunday	Reading					
	Medicine					
Monday	Reading					
	Medicine					
Tuesday	Reading					
	Medicine					
Wednesday	Reading					
	Medicine					
Thursday	Reading					
	Medicine					
Friday	Reading					
	Medicine					
Saturday	Reading					
	Medicine					