



# Weekly Diabetes Blood Sugar Record

Summit Family and Sports Medicine  
(816) 285-5053

[www.summitfamilyandsportsmedicine.com](http://www.summitfamilyandsportsmedicine.com)

Name \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_ Physician \_\_\_\_\_ Nurse \_\_\_\_\_

Record your blood sugars with your insulin and diabetes medication(s) doses and times taken each day. Bring this log to every office visit. Check blood sugar if you have symptoms of hypoglycemia or are ill. Check your blood sugar (goal):

- Before breakfast (70-130)
- 2hr after breakfast (<180)
- Before lunch (70-130)
- 2hr after lunch (<180)
- Before dinner (70-130)
- 2hr after dinner (<180)
- At bedtime (100-140)
- At 3am (70-110)
- Log results and bring to next visit
- Check all times everyday
- Check twice each week
- Check \_\_\_\_\_

Date:	Breakfast Time _____	Lunch Time _____	Dinner Time _____	Bedtime _____	Other _____	Notes
Blood Sugar						
Insulin Type/Dose						
Medication Name/Dose						
Medication Name/Dose						
Date:	Breakfast Time _____	Lunch Time _____	Dinner Time _____	Bedtime _____	Other _____	Notes
Blood Sugar						
Insulin Type/Dose						
Medication Name/Dose						
Medication Name/Dose						
Date:	Breakfast Time _____	Lunch Time _____	Dinner Time _____	Bedtime _____	Other _____	Notes
Blood Sugar						
Insulin Type/Dose						
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Blood Sugar						
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Blood Sugar						
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Blood Sugar						
Insulin Type/Dose						
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