

Blood Sugar Record Sheet



Your blood glucose record for the week

Use the following table to record your blood glucose readings

How to use this worksheet:

1. Record for at least 7 days to understand what is really going on with your blood sugars.
2. Print as many copies as you need or save on your computer.
3. Then ask yourself the questions below each day it so you have a better understanding.

Day and Date: _____

Time Tested	What time did you test?	Blood Glucose Level (mmol/l)
First thing in the morning (before eating, drinking, or taking your medication)		
Before Lunch		
2 hours after lunch		
Before Dinner		
2 hours after dinner		
Before exercising		
After exercising		

Day and Date: _____

Time Tested	What time did you test?	Blood Glucose Level (mmol/l)
First thing in the morning (before eating, drinking, or taking your medication)		
Before Lunch		
2 hours after lunch		
Before Dinner		
2 hours after dinner		
Before exercising		
After exercising		

Ask these questions after each meal/activity/day

- ❖ Was your blood sugar within the range that your doctor recommended?
- ❖ Are any of the numbers under or over your recommended target?
- ❖ Is there any pattern you notice over the day or the week?
- ❖ Did you notice any time/s during the day that your glucose level went below your target range?
- ❖ Did you notice any time/s during the day that your glucose level went over your target range?
- ❖ Can you think of any reasons why your blood glucose was lower or higher than the target range? Did you do anything different? Did you eat something different?
- ❖ Is there something you can do to keep your blood glucose levels within the target range?