

Before Meals A.M and P.M. - Blood Sugar Log

Name: _____ MRN: _____

Insulin Regimen: _____

Each day, test your (fasting) blood sugar before breakfast and before taking insulin or other medications. Then test your blood sugar before eating supper. Fasting and before meal readings should be 80–120 mg/dL.

| Date | When to test | Blood Sugar |
|------|------------------|-------------|
| | Before Breakfast | |
| | Before Supper | |
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| Date | When to test | Blood Sugar |
|------|------------------|-------------|
| | Before Breakfast | |
| | Before Supper | |
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| | Before Supper | |
| | Before Breakfast | |
| | Before Supper | |

Diabetes Management Program – UNC Internal Medicine

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