

Blood Glucose (Sugar) Log Booklet



- Keep track of your blood glucose (sugar) results each day.
- Use your blood glucose (sugar) results to make lifestyle changes.
- Share your blood glucose (sugar) results with your providers so they can make changes to your medicines.

Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)	
		Breakfast		Lunch		Dinner		Bedtime				
M O N		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
T U E		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
W E D		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
T H U		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
F R I		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
S A T		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									
S U N		Before	After	Before	After	Before	After	Before	After	Before		
		Time	mg/dL									



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Date	Medicine/Insulin	Home Blood Glucose (Sugar)						Test Results			Notes (Meals and snacks, exercise, illness, stress, or other significant events)		
		Breakfast		Lunch		Dinner		Bedtime					
		Before Time	After	Before	After	Before	After	Before	After	Before	After	Before	
M O N		mg/dL											
T U E		mg/dL											
W E D		mg/dL											
T H U		mg/dL											
F R I		mg/dL											
S A T		mg/dL											
S U N		mg/dL											



Additional Resources:

Academy of Nutrition and Dietetics

1-800-877-1600

www.eatright.org

American Diabetes Association

1-800-342-2383

www.diabetes.org

American Association of Diabetes Educators

Find a Diabetes Educator in your area: 1-800-338-3633

www.diabeteseducator.org/DiabetesEducation/Find.html

American Heart Association

414-271-9999, 608-221-8866

www.heart.org

American Podiatric Medical Association

www.apma.org

National Kidney Foundation of Wisconsin

1-800-543-6393

www.kidneywi.org

National Diabetes Information Clearinghouse (NDIC)

1-800-860-8747

www.diabetes.niddk.nih.gov

National Diabetes Education Program (NDEP)

1-888-693-6337

www.ndep.nih.gov

Wisconsin Department of Health Services

Chronic Disease Prevention Program

www.dhs.wisconsin.gov/disease/chronic-disease.htm

Wisconsin Department of Natural Resources (DNR)

1-888-936-7463

<http://dnr.wi.gov/files/PDF/pubs/wa/WA1635.pdf>

Wisconsin Tobacco Quit Line

1-800-784-8669 or 1-8-00-QUITNOW

<https://ctri.wisc.edu/quit-line>



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

Division of Public Health
Wisconsin Chronic Disease Prevention Program
Wisconsin Diabetes Advisory Group and other partners

P-00246 (03/2018)