

Blood Sugar Log Booklet



Keep track of your blood sugar results each day.



Use your blood sugar results to make lifestyle changes.



Share your blood sugar results with your providers so they can make changes to your medicines.

	Date	Medicine/ Insulin	Home Blood Glucose				Tests 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	
				Time						
			mg/dL							
T U E			Before	After	Before	After	Before	After	Before	
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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.americanheart.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 Unit (CDPU)

www.dhs.wisconsin.gov/health/Chronic-Disease/index.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 1-800-QUITNOW

www.ctri.wisc.edu/quitline.html



State of Wisconsin, Department of Health Services
Division of Public Health
Wisconsin Diabetes Prevention and Control Program
Wisconsin Diabetes Advisory Group and other partners