

Blood Sugar Monitoring

A simple daily log for blood glucose readings

What this is

A printable 4-week log for recording blood glucose readings at home. Tracking the time of day and reading type alongside the number helps you and your doctor see how food, activity, and medication are affecting your levels.

How to use it

- Record the time of each check and what kind of reading it is (fasting, before a meal, 2 hours after a meal, bedtime, or random).
- Note the glucose value shown on your meter in mg/dL.
- Mark whether you took your medication or insulin dose around that reading.
- Bring the completed log to your next appointment, or photograph it to send to your care team.

Blood glucose reference ranges (mg/dL)

	Fasting	2 hrs after eating
	70-99	Below 140
	100-125	140-199
	126 or higher	200 or higher

A note before you start

This log is a tool for organizing your own readings so you and your doctor can spot patterns together. It does not diagnose, treat, or replace medical advice. Always follow the care plan your physician has given you, and contact them (or emergency services) if a reading is far outside your normal range or you feel unwell.

Designed by a physician · BluePalm Hub

Week 1

Day / Date	Time	Reading Type	Glucose (mg/dL)	Meds Taken	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (meals, symptoms, illness, missed doses, etc.):

Week 2

Day / Date	Time	Reading Type	Glucose (mg/dL)	Meds Taken	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (meals, symptoms, illness, missed doses, etc.):

Week 3

Day / Date	Time	Reading Type	Glucose (mg/dL)	Meds Taken	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (meals, symptoms, illness, missed doses, etc.):

Week 4

Day / Date	Time	Reading Type	Glucose (mg/dL)	Meds Taken	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (meals, symptoms, illness, missed doses, etc.):