

Printable Weekly Blood Sugar Log

Record glucose with timing and context. Bring the log and your meter or CGM report to your appointment.

Name: _____	Week starting: _____	Unit: [] mg/dL [] mmol/L
Medicine / insulin plan: _____		Clinician / contact: _____

MY PERSONAL TARGETS	LOW-GLUCOSE PLAN	HIGH-GLUCOSE / KETONE PLAN
Before meals: ____ to ____ 1-2 h after meals: below ____ Bedtime: ____ to ____	Low threshold: below ____ Treat with: _____ Recheck after: ____ min	Check ketones at: _____ Call clinician when: _____ Emergency: vomiting, deep breathing, confusion

Weekly Overview

Day	Fasting / Wake	Before Lunch	1-2 h After Lunch	Before Dinner	1-2 h After Dinner	Bedtime	Key Notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

General educational targets for many nonpregnant adults: before meals 80-130 mg/dL (4.4-7.2 mmol/L); 1-2 hours after beginning a meal below 180 mg/dL (10.0 mmol/L); low glucose below 70 mg/dL (3.9 mmol/L). Use your personal targets.

Detailed Reading and Event Log

Use for symptoms, unusual meals, insulin changes, exercise, illness, low glucose, ketones, or readings needing context.

Date	Time	Timing / Event	Glucose mg/dL	Glucose mmol/L	Food / Carbs	Insulin / Medicine	Activity / Symptoms / Ketones / Notes

WEEKLY PATTERNS I NOTICED 1. _____ 2. _____ 3. _____	QUESTIONS FOR MY DIABETES TEAM 1. _____ 2. _____ 3. _____	SAFETY REMINDERS - Do not change insulin or medicine unless you have a written plan. - Record treatment and recheck after a low. - Check ketones according to your sick-day plan. - Emergency symptoms override the log.
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