

# Your blood sugar tracker

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

		BLOOD SUGAR RESULTS*									
		Breakfast		Lunch		Dinner		Bedtime	Night		
Medicine type and dose ▶	<b>MONDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>TUESDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>WEDNESDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>THURSDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>FRIDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>SATURDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											
Medicine type and dose ▶	<b>SUNDAY</b>	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	Time	Time		
	units	Time	Time	Time	Time	Time	Time				
		mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL		
	Carb intake ▶										
Mealtime insulin dose ▶	<input type="checkbox"/> Breakfast _____ units		<input type="checkbox"/> Lunch _____ units		<input type="checkbox"/> Dinner _____ units						
Other ▶											

If you'd like to use an online blood sugar tracker, you can find one at [Cornerstones4Care.com](https://www.cornerstones4care.com)

\*You and your diabetes care team will decide the best times for you to check your blood sugar.

