



**EXCELLENCE IN NEPHROLOGY
AND DIABETES MELLITUS**

BLOOD GLUCOSE LOG

Name:

Date of birth:

Week of:	Breakfast			Lunch			Dinner			Bedtime
	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	
Monday										
Comments:										
Tuesday										
Comments:										
Wednesday										
Comments:										
Thursday										
Comments:										
Friday										
Comments:										
Saturday										
Comments:										
Sunday										
Comments:										
<ul style="list-style-type: none"> • Comments section: make a note of diet, exercise, or stress • Targets for the blood glucose level: Before meals: 80 to 130 mg/dl 2 hours after the start of a meal: below 180 mg/dl • Symptoms of a low blood glucose level include feeling hungry, light-headed, confused, nervous, shaky, sleepy, sweaty, or a combination thereof. • Additional comments: 										