



Blood Sugar Tracking Sheet

Patient Name: _____

Diary (with oral medication)		Early Morning/ Before Breakfast	Breakfast Meal (Food Eaten)	60 - 90 min After Breakfast	Before Lunch	Lunch Meal (Food Eaten)	60 - 90 min After Lunch	Before Dinner	Dinner Meal (Food Eaten)	60 - 90 min After Dinner
Date										
MON	Time									
	Reading									
TUE	Time									
	Reading									
WED	Time									
	Reading									
THUR	Time									
	Reading									
FRI	Time									
	Reading									
SAT	Time									
	Reading									
SUN	Time									
	Reading									
Notes										

* Difference between fasting and post-meal blood sugar should not exceed 1.7 mmol/L