Blood sugar log

Only if the doctor or diabetes nurse asked you to keep a record. Fill in the box with them, in their words. Write every reading on its own line, exactly as the meter shows it.

The doctor's instructions	
Name	
When to check (as the doctor said)	
Meter or sensor used	
When to call the doctor or nurse (their words), and phone	

Date	**Time**	**When (before or after a meal, bedtime, other)**	**Reading (as the meter shows)**	**Meal, snack or activity**	**Taken by**	**Notes**