

Blood Glucose Monitoring Weekly Log Sheet



Glucose self-monitoring is an important aspect of day-to-day self-care for people with diabetes. It can help inform the choices people make about food/drink, physical activity and medications, as well as monitoring the effects of those choices. Maintaining glucose levels in a target range is important for people with diabetes to prevent or delay long-term complications such as vision loss, kidney damage, heart attack and stroke.

You can download or print the PDF version from ifihadknown.com.au

Target blood glucose ranges:

Fasting: _____ mmol/L

After meals: _____ mmol/L

Bedtime: _____ mmol/L

Week of:	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
BREAKFAST														
Blood glucose level														
LUNCH														
Blood glucose level														
DINNER														
Blood glucose level														
BEDTIME														
Blood glucose level														
COMMENTS														
Did anything significant happen today? Was it stressful? What physical activity did you do? Eat anything different?	M	T		W		T		F		S		S		