

Blood Sugar Log Template

Use this sheet for manual fingerstick readings. Record the value, unit, time, meal timing, and any short note your clinician asked you to track.

How to use

Fill one row per reading. Keep units visible every time. Bring the completed sheet to appointments if your care team asks for a written log.

Name		Week of	
Clinician		Target	

DAY	DATE	TIME	READING	UNIT	MEAL TIMING	NOTES
Day 1				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 2				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 3				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 4				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 5				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 6				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
Day 7				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	
				[] mg/dL [] mmol/L	[] Fasting [] Before [] After [] Bedtime	