



My Daily Blood Sugar Tracker

Track your blood sugar levels every day so you can work with your doctor on the right diabetes care plan **for you**.

Use this worksheet to help track your blood sugar levels. Talk with your doctor about what your goals should be, how often to test, and what to do if your levels are too low or too high. Remember to take your records with you to your doctor visits so you can go over the results together.

My Targets:

Before Meals: _____ to _____ mg/dL

2 Hours After Starting a Meal: Below _____ mg/dL

Dates: _____ to _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL
Before Breakfast							
After Breakfast							
Medicine							
Before Lunch							
After Lunch							
Medicine							
Before Dinner							
After Dinner							
Medicine							
Other							
Medicine							
Notes							



My Daily Food & Mood Tracker

Gain insight on how you feel when you test your blood sugar regularly!

Use this worksheet to help track your food intake and feelings throughout the day and note how your blood glucose levels are related.

Tracking My Outcomes:

Overall, I felt the *best* during the Morning/Afternoon/Evening. (circle one)

Overall, I felt *not so great* during the Morning/Afternoon/Evening. (circle one)

When I look at my mood, it appears to be linked to my blood sugar/food under these circumstances:

I found that when I tracked my blood sugar, I felt better. Yes/No (circle one)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What Did I Eat? Morning Meals + Snacks (Wake Up - 12pm)							
Did I Test? When?							
How Do I Feel?							
What Did I Eat? Afternoon Meals + Snacks (12pm - 5pm)							
Did I Test? When?							
How Do I Feel?							
What Did I Eat? Evening Meals + Snacks (5pm - Bedtime)							
Did I Test? When?							
How Do I Feel?							