

Example of Blood Sugar Tracking Log

Keeping a blood sugar journal helps you track your levels and identify patterns. Below is a sample format you can use:

Date	Time	Blood Sugar Level (mg/dL)	Food Intake	Activity	Notes
2024-08-01	8:00 AM	110	Breakfast	Walking	Felt good, mild headache
2024-08-01	12:00 PM	130	Lunch	Meeting	Normal
2024-08-01	6:00 PM	95	Dinner		Slightly tired, hydrated well



Blood Sugar Tracking Log

Use this journal to track your blood sugar levels, food intake, activities, and any notes about how you're feeling. Keeping a detailed record can help you and your healthcare provider better manage your diabetes.

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