



## 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	Gym	Slightly tired, hydrated well

