Blood Sugar Log

A month of glucose readings in one place, ready to show the doctor. Numbers are in mg/dL.

Name		**Type of diabetes**	
Doctor's targets	Before meals _____ to _____ After meals under _____ A1C goal _____		
When to check			

Getting a reading you can trust

1. Wash and dry the hands. Sugar on the fingers can raise a reading.
2. Use the side of a fingertip, and change fingers each time.
3. Check the strips' expiry date, and whether the code matches the meter.
4. Write the number down right away, with the time if it is not a usual slot.
5. Note anything unusual: a skipped meal, an illness, a new medicine.

If sugar is low (under 70)

Signs: shaky, sweaty, hungry, headache, confused or unusually irritable.

1. Give 15 grams of fast sugar: 4 oz of juice or regular soda, 1 tablespoon of sugar or honey, or 3 to 4 glucose tablets.
2. Wait 15 minutes and check again.
3. Still under 70? Repeat. Once it is up, give a snack with protein.

Call 911 if the person can't swallow, won't wake up or is having a seizure. Use glucagon if one has been prescribed.

Source for the low-blood-sugar steps: CDC, "Treatment of Low Blood Sugar (Hypoglycemia)," reviewed May 15, 2024. Ask the doctor what reading counts as too high for your parent and when to call.

A1C results

Date	Result	Date	Result	Date	Result

Questions for the doctor

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Blood Sugar Log

Month		Name	

Day	Before breakfast	Before lunch	Before dinner	Bedtime	Other (time and number)	Notes (meals, medicine, how I felt)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						

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Blood Sugar Log (continued)

Month		Name	

Day	Before breakfast	Before lunch	Before dinner	Bedtime	Other (time and number)	Notes (meals, medicine, how I felt)
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Month at a glance

Highest	Lowest	Number of readings under 70	Number of readings over the doctor's limit

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