

Blood sugar log

One week of readings, food and medicine on one page. Bring it to your next appointment.

Name _____

Week of _____

Unit ☐ mmol/L ☐ mg/dL

My target range _____ to _____

		Breakfast		Lunch		Dinner		Bedtime	Overnight	Notes
Day		Before	After	Before	After	Before	After	Time:	Time:	exercise, illness, stress, sleep, lows
Monday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Tuesday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Wednesday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Thursday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Friday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Saturday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									
Sunday Date:	Glucose									
	Food or carbs									
	Insulin or medicine									

After means the time after the start of the meal that your care team asks you to check, often 1 or 2 hours. Write the time beside any reading taken at another time.

Glyve is not a medical device. This log doesn't give medical advice. glyve.ca

How to use this log

A week on one page makes patterns easier to see than a single reading.

What to write down

- **Glucose:** the reading from your meter or CGM, in the unit you ticked. Note the time if it isn't a usual check.
- **Food or carbs:** what you ate, or the grams of carbohydrate if you count them.
- **Insulin or medicine:** the name and amount you took, and when, exactly as prescribed.
- **Notes:** exercise, illness, stress, a short night, a missed dose, or a low and how you treated it.

When to check

How often to check, and at which times, depends on your treatment. Your care team will tell you which columns to fill in. Many people check before meals and at bedtime; some also check after meals or overnight for a few days to answer a specific question.

Reading a week

Read down one column at a time. Several high or low readings at the same time of day point to a pattern worth discussing with your care team. A single unusual number is often explained by the notes beside it.

Your target range

Write the range your care team set for you at the top of the page. Targets differ from person to person, and in pregnancy, so this log doesn't print one.

Using a CGM?

You don't need to copy every reading. Use the Glucose row for the times you check or for readings that stand out, and use the other rows for what happened around them. Your CGM's own report shows the full picture.

If something is wrong

Follow the plan your care team gave you for low and high readings and for sick days. In an emergency, call 911 or your local emergency number.

Keep it on your phone instead

The Glyve app keeps glucose, food, insulin, exercise, sleep and stress on one timeline, by typing, voice or photo, and exports a PDF report for your care team. Learn more at glyve.ca.