



Print this sheet every Sunday and use it to log your week's blood sugar and insulin numbers. Bring copies of completed sheets to your doctor's appointments.

BLOOD SUGAR LOG

Week of: _____

Notes: _____



	BREAKFAST			LUNCH			DINNER			BEDTIME			DURING THE NIGHT		
	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after	Blood sugar before	Insulin	Blood sugar after
SUNDAY															
MONDAY															
TUESDAY															
WEDNESDAY															
THURSDAY															
FRIDAY															
SATURDAY															



SMART goal: A small daily habit can lead to big health improvements. What will you focus on this week?

SMART HEALTH GOAL: Must be Specific, Measurable, Achievable, Realistic and Time-bound.	Example: Improve afternoon blood sugar by eating better snacks at work.	
HEALTHY HABITS TO-DO LIST: Write down the actions you'll take to get there, and check when achieved.	<input checked="" type="checkbox"/> Pack conveniently-portioned foods to save prep time and prevent mindless snacking at work.	<input type="checkbox"/>