



Petal & Paper

YOUR FREE PRINTABLE

Blood sugar log



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B L O O D G L U C O S E M O N I T O R I N G

blood sugar log

Target ranges (personalise with your team)

Before meals: 4–7 mmol/L (target set by team: ____)
2 hrs after meals: under 8.5 mmol/L (team target: ____)
Bedtime: 4–8 mmol/L (team target: ____)
HbA1c target: ____ Last result: ____ Date: ____

Day 1 — Date: ____

Before breakfast: ____mmol Breakfast: ____
2hrs after breakfast: ____mmol
Before lunch: ____mmol Lunch: ____
2hrs after lunch: ____mmol
Before dinner: ____mmol Dinner: ____
2hrs after dinner: ____mmol Bedtime: ____mmol
Medication: ____ Activity today: ____ Notes: ____

Day 2 — Date: ____

Before B: ____ After B: ____ Before L: ____ After L: ____
Before D: ____ After D: ____ Bedtime: ____
Medication: ____ Activity: ____ Notes: ____

Day 3 — Date: ____

Before B: ____ After B: ____ Before L: ____ After L: ____
Before D: ____ After D: ____ Bedtime: ____
Medication: ____ Activity: ____ Notes: ____

Weekly averages

Average fasting: ____mmol Average post-meal: ____mmol
Lowest reading: ____ Highest reading: ____
Hypo events (below 4mmol): ____ When: ____
For GP / diabetes nurse: ____