

BLOOD GLUCOSE WEEKLY LOG

			Breakfast			Lunch			Dinner			Bed	Comments
			Pre	Post 1 hr	Post 2 hr	Pre	Post 1 hr	Post 2 hr	Pre	Post 1 hr	Post 2 hr		
Sun	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Mon	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Tues	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Wed	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Thur	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Fri	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												
Sat	B/P:	Blood sugar:											
	Pulse:		Time:										
	O2 %:												
	Weight:												

		STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
	OPTIMAL:	HIGH BLOOD SUGAR	HIGH BLOOD SUGAR	PREDIABETES	ADVANCED PREDIABETES	DIABETES
FASTING	70-84	85-94	95-99	100-109	110-125	126
+ 1 HOUR	80-119	120-130	140-159	160-199	200	
+ 2 HOURS	80-99	100-119	120-139	140-159	160-199	200



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