

Weekly Diabetes Blood Sugar Chart *

Name: _____

Blood Sugar	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
>200														
150-200														
127-150														
100-126														
90-100														
70-90														
60-70														
50-60														
40-50														
0-40														
Date														

} Normal Fasting AM

Blood Sugar	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
>200														
150-200														
127-150														
100-126														
90-100														
70-90														
60-70														
50-60														
40-50														
0-40														
Date														

} Normal Fasting AM

* Mark a dot in the square indicating the blood sugar value. For example, if your blood sugar was 112, mark a dot in the square labeled “100 – 126.” If you test before and after eating a meal, mark two dots in the same column for a given day.