

Home Glucose Log Record

Patient Name: _____

Medical Record Number: _____

KEEPING TRACK

- Track your blood sugar readings to understand how meals, medications, illness, exercise and weight changes affect your control
- If you are unsure when or how often to test your blood sugars, discuss it with your doctor or care team
- Anyone with diabetes can benefit from checking their blood sugar whether they are on medication or managing their diabetes with nutrition and exercise

WHEN RECORDING BLOOD SUGARS: PRE = before meal and POST = 1.5 – 2 hours after the meal

Date	Morning meal				Afternoon meal				Evening meal				Bedtime			
	Blood sugars		Insulin units	Carb grams	Blood sugars		Insulin units	Carb grams	Blood sugars		Insulin units	Carb grams	Blood sugars		Insulin units	Carb grams
Mon	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Tues	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Wed	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Thurs	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Fri	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Sat	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																
Sun	Pre	Post			Pre	Post			Pre	Post			Pre	Post		
Time																

You can feel better and improve your health through self-management and care. Get started by taking advantage of the many resources at UC Davis Health System. Health Management and Education holds classes at UC Davis Medical Center as well as UC Davis Medical Group offices throughout the Sacramento region.