

|                   |                            |               |               |               |                              |               |               |       |
|-------------------|----------------------------|---------------|---------------|---------------|------------------------------|---------------|---------------|-------|
| joeyyswellness    | Blood Sugar Monitoring Log |               |               |               |                              |               | Month         | _____ |
| My Name/ Initials | _____                      |               |               |               | My Glucometer units          | mmol/l        |               |       |
|                   |                            |               |               |               |                              | mg/dl         |               |       |
|                   | My HbA1C                   | .....         |               |               | My fasting sugar Target..... |               |               |       |
|                   |                            |               |               |               |                              |               |               |       |
| Day               | Monday                     | Tuesday       | Wednesay      | Thursady      | Friday                       | Sartuday      | Sunday        |       |
| Date              | .../.../.....              | .../.../..... | .../.../..... | .../.../..... | .../.../.....                | .../.../..... | .../.../..... |       |
| Fasting           |                            |               |               |               |                              |               |               |       |
| Random            |                            |               |               |               |                              |               |               |       |
| Day               | Monday                     | Tuesday       | Wednesday     | Thursday      | Friday                       | Sartuday      | Sunday        |       |
| Date              | .../.../.....              | .../.../..... | .../.../..... | .../.../..... | .../.../.....                | .../.../..... | .../.../..... |       |
| Fasting           |                            |               |               |               |                              |               |               |       |
| Random            |                            |               |               |               |                              |               |               |       |
| Day               | Monday                     | Tuesday       | Wednesday     | Thursday      | Friday                       | Sartuday      | Sunday        |       |
| Date              | .../.../.....              | .../.../..... | .../.../..... | .../.../..... | .../.../.....                | .../.../..... | .../.../..... |       |
| Fasting           |                            |               |               |               |                              |               |               |       |
| Random            |                            |               |               |               |                              |               |               |       |
| Day               | Monday                     | Tuesday       | Wednesday     | Thursday      | Friday                       | Sartuday      | Sunday        |       |
| Date              | .../.../.....              | .../.../..... | .../.../..... | .../.../..... | .../.../.....                | .../.../..... | .../.../..... |       |
| Fasting           |                            |               |               |               |                              |               |               |       |
| Random            |                            |               |               |               |                              |               |               |       |
| Day               | Monday                     | Tuesday       | Wednesday     | Thursday      | Friday                       | Sartuday      | Sunday        |       |
| Date              | .../.../.....              | .../.../..... | .../.../..... | .../.../..... | .../.../.....                | .../.../..... | .../.../..... |       |
| Fasting           |                            |               |               |               |                              |               |               |       |
| Random            |                            |               |               |               |                              |               |               |       |
| Notes             |                            |               |               |               |                              |               |               |       |
|                   |                            |               |               |               |                              |               |               |       |