

Blood Sugar Tracker

Checking your blood sugar regularly helps you and your doctor see how your diabetes management plan is working. Your aim is to lower your blood sugar level and keep it there. Use this form to record your blood sugar readings throughout the day. Make extra copies so that you always have enough on hand.

Weekly Blood Sugar Tracker Talk to your doctor about setting goals and how often you should test your blood sugar.

Date: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Before After	Before After	Before After	Before After	Before After	Before After	Before After
Lunch							
Dinner							
Bedtime							

Date: _____

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If you don't have prescription coverage, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.