

Daily record of blood glucose level

We're providing this log so you can record your blood glucose (sugar) results. It's important to share this log with your primary care physician at each visit so you can work together to develop a treatment plan and measure your progress.

Target blood sugar range	
In the morning (upon waking):	to .
Before a meal:	to .
One to two hours after eating:	to .
At night (between 2:00 am. and 6:00 am.):	to .

Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In fasting							
Breakfast							
Before							
After							
Lunch							
Before							
After							
Dinner							
Before							
After							
Night							

Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In fasting							
Breakfast							
Before							
After							
Lunch							
Before							
After							
Dinner							
Before							
After							
Night							

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Before							
After							
Dinner							
Before							
After							
Night							

Comments: _____

References:

<https://www.cdc.gov/diabetes/es/treatment/manejo-de-los-niveles-de-azucar-en-la-sangre.html>

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after a health condition, please visit your primary doctor or contact the following phone numbers:

Medical Advice Line 1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health 787-641-9133

Prepared by Licensed Health Educators.
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