

Blood Sugar Log

7-day glucose monitoring record

What to record

- Date and time.
- Whether the reading was fasting, before a meal, after a meal or at bedtime.
- Glucose value and unit (usually mg/dL in India).
- Diabetes medicines/insulin taken and any unusual meal, illness or exercise.
- Symptoms of low or high glucose.

Day	Timing	Glucose	Medicine/Insulin	Notes
1				
2				
3				
4				
5				
6				
7				

Your personal glucose targets should be individualized by your treating clinician.

Confusion, unconsciousness, seizures, repeated vomiting, severe dehydration or breathing difficulty in a person with diabetes needs urgent medical assessment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.