

## Blood Sugar Tracker

Checking your blood sugar regularly is essential to help you and your doctor keep track of how your diabetes management plan is working. Having accurate information helps your doctor make appropriate adjustments to your medication. Use this form and show it to your doctor.

### Weekly Blood Sugar Tracker

### Week 1

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Bedtime							

### Week 2

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Bedtime							

### Week 3

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Bedtime							

### Week 4

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Bedtime							

### Week 5

Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Bedtime							

Courtesy of: **Watson's City Drug**

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