GLUCOSE TRACKER

Week of _____



SUNDAY		THURSDAY	
Blood Glucose		Blood Glucose	
Time:	MG/DL:	Time:	MG/DL:
		Time:	
Time:		Time:	
Time:		Time:	
Time:	MG/DL:	Time:	
MONDAY		FRIDAY	
Blood Glucose		Blood Glucose	
Time:	MG/DL:	Time:	MG/DL:
Time:	MG/DL:	Time:	MG/DL:
Time:	MG/DL:	Time:	
Time:	MG/DL:	Time:	MG/DL:
Time:	MG/DL:	Time:	MG/DL:
TUESDAY		SATURDAY	
Blood Glucose		Blood Glucose	
Time:	MG/DL:	Time:	MG/DL:
Time:	MG/DL:	Time:	
Time:	MG/DL:	Time:	
Time:		Time:	MG/DL:
Time:	MG/DL:	Time:	MG/DL:
WEDNESDAY		Weight:	_
Blood Glucose		Questions for my healt	hcare team:
Time:	MG/DL:	4. 	
Time:			
Time:			
Time:		Use as many spaces as needed or add more to record your individual daily blood glucose readings. For more information on <i>The Heart of Diabetes</i> , visit: IKnowDiabetes.org	
Time:			