

Blood Sugar Tracker

Log fasting and post-meal readings with a food note to spot what raises your sugar.

Date	Fasting (mg/dL)	After Breakfast	After Dinner	Food / Activity Notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				

Day 24				
Day 25				
Day 26				
Day 27				
Day 28				
Day 29				
Day 30				