Blood Sugar Diary

My Goal: _____

Signs of Low Blood Sugar:

- Dizzy
- Anxious
- Shaky
- Weakness
- Fast Heart Beat
- Sweating
- Hungry
- Headache
- Irritable
- Blurry Vision

If blood sugar is lower than _____,
Eat a glucose tablet, or
Eat a hard candy, or
Drink 4oz of fruit juice, or
Drink 1/2 can of regular soda.
Check again in 15 minutes
*

Signs of High Blood Sugar:

- Extreme Thirst
- Need to urinate often
- Blurry Vision
- Hungry
- Dry Skin
- Drowsy

If blood sugar is higher than: _____,
Drink 8 oz of water,
Walk for 10 min (if you are able)
If your blood sugar is higher than your goal for more than 3 days and you are not sure why, you need to see your doctor.

Date/Time	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime	Diabetes Medications Taken	Notes

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