# Blood Sugar Log

| | **Min mmol/L** | **Max** mmol/L | |
|---|---|---|---|
| **Target Ranges*** | | | Upon Waking and Before Meals |
| | | | 1-2 Hrs After Meals |
| | | | At Bedtime |

**consult your doctor for ranges*

| **Date** | **Time** | **Level mmol/L** | **Insulin** dose, type | **Activity level** | **Notes** medication, foods eaten, symptoms |
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