Blood Sugar Record Sheet

University of Iowa Stead Family Children's Hospital

Key: BS = Blood Sugar
I = Insulin
C = Carbs

Name: _____

Month: _____

Date	Night BS	Before Breakfast BS	I	C	After Breakfast BS	Before Lunch BS	I	C	After Lunch BS	C	Before Supper BS	I	C	Before Bedtime Snack BS	I	C	Comments
Su																	
Mo																	
Tu																	
We																	
Th																	
Fr																	
Sa																	
Su																	
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