

Tracking Your Blood Sugar

Checking your blood sugar is an important part of managing diabetes. Blood sugar testing helps you know:

- When your blood sugar is too high or too low
- How foods, activities, and medicine affect your blood sugar
- How well your diabetes care plan is working

Check your blood sugar

Talk with your healthcare provider to set goals and set a schedule for testing your blood sugar.

- My blood sugar goal before a meal is: _____ to _____.
- My blood sugar goal after a meal is less than: _____.

Use the charts below to track your blood sugar as your provider recommends.

Draw in one of these faces to answer "How did I feel today?"



GREAT



OK



BAD

WEEK 1	SUN	MON	TUES	WED	THURS	FRI	SAT
DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Blood sugar (before breakfast)							
Blood sugar (after breakfast)							
Blood sugar (before lunch)							
Blood sugar (after lunch)							
Blood sugar (before dinner)							
Blood sugar (after dinner)							
Blood sugar (at bedtime)							
How did I feel today?	○	○	○	○	○	○	○

WEEK 2	SUN	MON	TUES	WED	THURS	FRI	SAT
DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Blood sugar (before breakfast)							
Blood sugar (after breakfast)							
Blood sugar (before lunch)							
Blood sugar (after lunch)							
Blood sugar (before dinner)							
Blood sugar (after dinner)							
Blood sugar (at bedtime)							
How did I feel today?	○	○	○	○	○	○	○

(continued)

WEEK 3	SUN	MON	TUES	WED	THURS	FRI	SAT
DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Blood sugar (before breakfast)							
Blood sugar (after breakfast)							
Blood sugar (before lunch)							
Blood sugar (after lunch)							
Blood sugar (before dinner)							
Blood sugar (after dinner)							
Blood sugar (at bedtime)							
How did I feel today?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WEEK 4	SUN	MON	TUES	WED	THURS	FRI	SAT
DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Blood sugar (before breakfast)							
Blood sugar (after breakfast)							
Blood sugar (before lunch)							
Blood sugar (after lunch)							
Blood sugar (before dinner)							
Blood sugar (after dinner)							
Blood sugar (at bedtime)							
How did I feel today?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Share your weekly trackers with your healthcare provider at each visit. Talk about how you are doing with managing your blood sugar.



GlaxoSmithKline

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