

14-Day Blood Sugar (Glucose) Log

Write each reading in the box for that time of day. Note meals, exercise, illness or medicine in the notes column.

Name _____ Doctor _____ Start date _____ Meter / strip brand _____

Date	FASTING before food	BREAKFAST 2 hrs after	LUNCH before	LUNCH 2 hrs after	DINNER before	DINNER 2 hrs after	BEDTIME	Notes (meals, activity, medicine / insulin)
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								

Unit used: ☐ mg/dL ☐ mmol/L

Tip: after-meal readings are timed from the first bite of the meal.

Understanding your blood sugar numbers

A quick reference to keep with your log. Bring both pages to your appointment.

Moment	mg/dL	mmol/L
Typical fasting level in people without diabetes	70 – 99	3.9 – 5.5
Before meals: common target for adults with diabetes	80 – 130	4.4 – 7.2
1–2 hours after the start of a meal: common target	under 180	under 10.0
Low blood sugar (hypoglycemia)	below 70	below 3.9

Targets reflect general American Diabetes Association guidance for non-pregnant adults. Your own targets may be different; follow your care team's advice.

TIPS FOR ACCURATE READINGS

- Wash and dry your hands first; sugary residue can give a false high.
- Use the side of the fingertip and a fresh strip. Check the expiry date.
- Test at the same times each day so patterns are easy to see.
- Note meals, exercise, illness, stress and medicines next to each reading.
- Tell your doctor about repeated highs or lows.

IF YOUR SUGAR IS LOW

Below 70 mg/dL (3.9 mmol/L). Common signs: shaky, sweaty, hungry, dizzy, confused. A common first step is 15 g of fast-acting carbohydrate (such as glucose tablets or half a cup of juice), then recheck in 15 minutes. Follow your doctor's plan.
Call emergency services if the person is confused, cannot swallow, or is unconscious.

Skip the paper. Track it with BloodSnap.

Log blood pressure, blood sugar and weight in seconds, snap a photo of your monitor, set pill reminders, and export a clean PDF report for your doctor.

bloodsnap.com

