

# BLOOD SUGAR LOG

## FIRST STATE ENDOCRINOLOGY

774 Christiana Rd. (MON-FRI)  
Newark, DE, 19713

114 Sandhill Drive, Suite 201B (WED ONLY)  
Middletown, DE, 19709

Phone: 302-444-8156 Fax: 302-731-8158

Email: [fsesugars@gmail.com](mailto:fsesugars@gmail.com) (see disclaimer)

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Phone Number \_\_\_\_\_

**\*PLEASE WRITE CURRENT MEDICATION REGIMEN ON BOTTOM PAPER\***

Date	Before Breakfast	Before Lunch	Before Dinner	Bedtime	Comments

Write down your blood sugar numbers each time you test. The goal is to get your blood sugar reading into the target range.

Before Meals	90-130
2 hours after meals	Less than 150
Bedtime	110-150

**\*DISCLAIMER: email is not HIPAA-compliant, please email your sugars at your own discretion**