

BLOOD SUGAR LOG

FIRST STATE ENDOCRINOLOGY

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Email: support@firststateendo.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**