


Blood Sugar Journal



A 30-Day Guided Journal



Table / Log

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How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Test blood sugar at consistent times: fasting, before meals, 1-2 hours after meals, and at bedtime
 - Record glucose level, timing period, insulin dose, and what you ate
 - Note any medications taken, exercise, illness, or unusual stress
 - Look for patterns — compare readings at the same time across different days
 - Share your journal with your endocrinologist or diabetes care team at every visit



Scan for a detailed guide on how to use this journal

