

My weekly blood sugar diary

One week, in mmol/L. Fill in the readings your team asks you to take.



Free Diabetes
Tracker

Name _____ Date of birth _____

How to use it

1. Wash and dry your hands first - food or juice on your fingers can read falsely high.
2. Fill in the boxes your diabetes team asks you to - you do not need to complete every one.
3. Note anything that affected a reading (a meal, activity, illness, a hypo) in the Notes row.

Day / date	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Bedtime
Mon							
Notes							
Tue							
Notes							
Wed							
Notes							
Thu							
Notes							
Fri							
Notes							
Sat							
Notes							
Sun							
Notes							

Target ranges are individual. Many adults aim for 4-7 before meals; type 1 aims for 5-9 after meals and type 2 under 8.5. Agree yours with your team.

Keep your readings online - free

Visit freediabetestracker.com to log readings, see your time in range and trend, and make a report for your GP or diabetes team. Free, no adverts. Guidance from the NHS, NICE and Diabetes UK.

Below 4.0 mmol/L is a hypo - treat it now. Severe hypo, or a very high reading with ketones and sickness? Call 999.

My blood sugar log

Write down each reading - take your log to GP and diabetes appointments



Free Diabetes Tracker

Name _____ Date of birth _____

[illegible]

Keep your readings online - free

Visit freediabetestracker.com to log readings, see your time in range and trend, and make a report for your GP or diabetes team. Free, no adverts. Guidance from the NHS, NICE and Diabetes UK.

Below 4.0 mmol/L is a hypo - treat it now. Severe hypo, or a very high reading with ketones and sickness? Call 999.