HOORVIA — WEEKLY BLOOD SUGAR & GLUCOSE LOG

Daily Fasting, Pre-Meal, Post-Meal & Bedtime Tracking Sheet (mg/dL or mmol/L)

HIGH-CONTRAST MEDICAL LOG

Patient Name: _____ **Week Starting:** ____ / ____ / 202__ **Target Range:** _____

14-DAY BLOOD GLUCOSE READING TRACKER (RECORD READING & EXACT TIME)

DATE / DAY	FASTING (WAKE UP)	POST-BREAKFAST (2 HRS AFTER)	PRE-LUNCH (READING)	POST-LUNCH (2 HRS AFTER)	POST-DINNER (2 HRS AFTER)	BEDTIME (TIME/VAL)	MEDS / INSULIN / NOTES
Day 1 (Mon)							
Day 2 (Tue)							
Day 3 (Wed)							
Day 4 (Thu)							
Day 5 (Fri)							
Day 6 (Sat)							
Day 7 (Sun)							
Day 8 (Mon)							
Day 9 (Tue)							
Day 10 (Wed)							
Day 11 (Thu)							
Day 12 (Fri)							
Day 13 (Sat)							
Day 14 (Sun)							

STANDARD ADA TARGET REFERENCE GUIDELINES (FOR NON-PREGNANT ADULTS WITH DIABETES):

• **Fasting / Before Meals:** 80–130 mg/dL (4.4–7.2 mmol/L) | • **1–2 Hours After Starting a Meal:** Less than 180 mg/dL (<10.0 mmol/L)

Medical Disclaimer: This printable log is for personal record-keeping only. Always follow the personalized target glucose ranges and insulin dosing instructions prescribed by your physician or endocrinologist.