

**Tri City Endocrinology and Metabolism: Chris K. Guerin, M.D., F.A.C.E./Derek D. Mafong, M.D.
Blood Glucose Logbook**

Patient Name: _____

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Sun	124				111			
Mon	Note-Pre and Post (2hr. after) Meal							
Tue				132				86
Wed							134	
Thur		113						
Fri	96					98		
Sat							176	
Average	110	149	115	172	125	150	155	86

**Example
Glucose
Values**

Medicine-Oral Agent or Insulin			
Breakfast	Lunch	Dinner	Bedtime
Gly 5		Gly 5	
Ac 30			

**Example
Medicines**

← Average Glucoses for each time of day

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Sun	124				111			
Mon		184				202		
Tue				132				86
Wed			115				134	
Thur		113			139			
Fri	96					98		
Sat				211			176	
Average	110	149	115	172	125	150	155	86

← Average Glucoses for each time of day

Medicine-Oral Agent or Insulin			
Breakfast	Lunch	Dinner	Bedtime
N20H12		H10	N8

Insulins: N=NPH NL=NovoLog H=Humalog AP=Apidra R=Regular G=Lantus L=Levemir
 Other: B=Byetta S=Symlin 70/30 75/25
 Orals: Met=Metformin Ac=Actos Gly=Glyburide Star=Starlix J=Januvia JM=Janumet
 Glip=Glipizide Am=Amaryl MXR=Metformin XR AV=Avandamet AR=Avandaryl

