



**His Branches
Health Services**

Alternating Time Blood Sugar Log

Your Name: _____

Diabetes Medications: _____

Day 1: Test your blood sugar before breakfast and before taking insulin or other medications. Then test your blood sugar before supper.

Day 2: Test your blood sugar before lunch and then before going to sleep.

Day 3 on: Repeat this pattern of testing your blood sugar.

Goals: Fasting and before meal readings should be 80–120, bedtime readings should be 100–150.

Date	When to test	Blood Sugar
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	

Date	When to test	Blood Sugar
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	
	Before Lunch	
	At Bedtime	
	Before Breakfast	
	Before Supper	