Name: _____

Chart No: _____

Day Phone: _____

Diabetes Medicines & Doses: _____

BLOOD SUGAR LOG

The Family Doctor
151 Rams Plaza Chapel Hill, NC 27514
Phone: (919) 968-1985 Fax: (919) 942-0038

Attention:
- ☐ Dr. Glenn Withrow
- ☐ Anne Vaillancourt, PA-C
- ☐ Naomi Slifkin, RN, CDE (Diabetes Educator, ext 189)

Usual time: _____ _____ _____ _____

DATE	BREAKFAST		Other	LUNCH		Other	SUPPER		Other	BED TIME	COMMENTS: *Exercise; large, small or missed meals; illness; stress; BS lows & how treated, or anything unusual.*	BP
	Before Eating	1-2 hrs After		Before Eating	1-2 hrs After		Before Eating	1-2 hrs After				