

GLUCOSE TRACKER

Week of _____

American Heart Association
Learn and Live



SUNDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

MONDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

TUESDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

WEDNESDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

THURSDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

FRIDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

SATURDAY

Blood Glucose

Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____
Time: _____ MG/DL: _____

Weight: _____

Questions for my healthcare team: _____

Use as many spaces as needed or add more to record your individual daily blood glucose readings. For more information on *The Heart of Diabetes*, visit: IKnowDiabetes.org