Endocrinology Medical Group of Orange County, Inc.
725 W La Veta Ave STE 220, Orange, CA 92868
Phone: 714-771-5700 Fax: 714-771-9977

Directions: Fill in your blood glucose readings next to each meal time (breakfast, lunch, and dinner) to track your daily sugar levels.
(Tip: Circle/mark the values that are lower or higher than the normal range to track your glycemic excursions).

Blood Glucose Log

	Breakfast		Lunch		Dinner		
	Before	**After**	**Before**	**After**	**Before**	**After**	**Bedtime**
Range (mg/dL)	90-110	110-140	90-110	110-140	90-110	110-140	110-140
Date							