Glytrio Blood Sugar Log

Blank printable record-keeping template

PRIVATE. PRACTICAL. YOUR RECORD.

Name (optional) _____ **Period** _____ to _____ **Unit** ☐ mg/dL ☐ mmol/L

Record-keeping only. This blank template does not provide target ranges, diagnose a condition, calculate A1C or insulin, recommend food, nutrition, medication, doses or treatment changes, or replace advice from a qualified clinician.

Date	Time	Reading	Unit	Meal context	Food / carbs	Medication / insulin record	Activity / notes

Copy readings exactly from your own source and label the unit used.