Moaddel Medical
7230 Medical Center Dr, Suite 100, West Hills, CA 91307 · (818) 660-2977

Blood Sugar Journal

Patient name: _____ Month / Year: _____

Tips for checking your blood sugar

- Wash and dry your hands before each check.
- Write down meals, insulin or medicines, and symptoms.
- Ask your doctor for your blood sugar goals.
- "After lunch" = about 2 hours after you start eating.
- Bring your meter to visits too.
- Call us or 911 for very high/low readings with symptoms.

Date	Check time	Time	Blood sugar (mg/dL)	Notes (meals, insulin/meds, symptoms)
	Before breakfast			
	Before lunch			
	After lunch			
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