

My Daily Blood Glucose and Blood Pressure Log

Day	Date	Blood Sugar	Blood Pressure
Sunday	___ / ___	mg/dL	_____ / _____
Monday	___ / ___	mg/dL	_____ / _____
Tuesday	___ / ___	mg/dL	_____ / _____
Wednesday	___ / ___	mg/dL	_____ / _____
Thursday	___ / ___	mg/dL	_____ / _____
Friday	___ / ___	mg/dL	_____ / _____
Saturday	___ / ___	mg/dL	_____ / _____
Sunday	___ / ___	mg/dL	_____ / _____
Monday	___ / ___	mg/dL	_____ / _____
Tuesday	___ / ___	mg/dL	_____ / _____
Wednesday	___ / ___	mg/dL	_____ / _____
Thursday	___ / ___	mg/dL	_____ / _____
Friday	___ / ___	mg/dL	_____ / _____
Saturday	___ / ___	mg/dL	_____ / _____
Sunday	___ / ___	mg/dL	_____ / _____
Monday	___ / ___	mg/dL	_____ / _____
Tuesday	___ / ___	mg/dL	_____ / _____
Wednesday	___ / ___	mg/dL	_____ / _____
Thursday	___ / ___	mg/dL	_____ / _____
Friday	___ / ___	mg/dL	_____ / _____
Saturday	___ / ___	mg/dL	_____ / _____