



**American  
Stroke  
Association.**  
A division of the  
American Heart Association.

# Blood Glucose Tracker

Week of: \_\_\_\_\_

## SUNDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## MONDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## TUESDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## WEDNESDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## THURSDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## FRIDAY

Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_  
 Time: \_\_\_\_\_ MG/DL: \_\_\_\_\_

## SATURDAY

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.*