DFD Russell MEDICAL CENTERS

Innovating primary care, leading as a Patient-Centered Medical Home.

207-955-5800
WWW.DFDRUSSELL.ORG

BLOOD SUGAR LOG

NAME: ____________________

DOB: ____________________

Week of: ________ / ________ / ________

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Bedtime							

Week of: ________ / ________ / ________

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Bedtime							

Week of: ________ / ________ / ________

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Bedtime							