



### Monthly Blood Sugar Logbook

Date: \_\_\_\_\_

Day	Breakfast	Lunch	Dinner	Bedtime	Activity	Comments
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Downloaded from <https://CareClinic.io/>  
Get the mobile App to track your blood sugar on the go! <https://careclinic.app.link/form>

OR SCAN THIS QR CODE WITH YOUR PHONE'S CAMERA

