



FamilyMedicalDoctors

4-Week Blood Sugar Log

Twenty-eight days in two compact 14-day blocks

PATIENT TRACKER | VERSION B4 - LANDSCAPE



Name _____ Start date _____ My target range _____ After-meal timing _____

ONE MONTH AT A GLANCE

This compact version prioritizes fasting, one after-meal check, evening or bedtime, and short notes. Follow your prescribed schedule.

DAYS 1-14

DATE	FASTING	AFTER MEAL	EVENING / BEDTIME	MEDICINE / NOTES
1 _/_				
2 _/_				
3 _/_				
4 _/_				
5 _/_				
6 _/_				
7 _/_				
8 _/_				
9 _/_				
10 _/_				
11 _/_				
12 _/_				
13 _/_				
14 _/_				

DAYS 15-28

DATE	FASTING	AFTER MEAL	EVENING / BEDTIME	MEDICINE / NOTES
15 _/_				
16 _/_				
17 _/_				
18 _/_				
19 _/_				
20 _/_				
21 _/_				
22 _/_				
23 _/_				
24 _/_				
25 _/_				
26 _/_				
27 _/_				
28 _/_				

Use the notes space for medicine changes, unusual food or activity, illness, or symptoms.