

A black and white photograph of a hand holding a glucometer. The device has two arrow buttons at the top. A finger is being pricked by a lancet, and a drop of blood is visible on the tip of the lancet. The background is white, and the image is partially overlaid by a blue geometric shape.

# My Blood Sugar Log

Created January 2019

Hi! I'm Raul and I have diabetes. Keeping track of my blood sugar is important.

This blood sugar log helps me do it. It keeps track of what I eat and what my sugar level was before a meal and after.

It has really helped me stay healthy and manage diabetes.



# Doctor's Information

**My Doctor's Name:**

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**My Doctor's Phone Number:**

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**My Medicine:**

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**Special instructions for taking  
my medicine:**

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# Questions to ask my doctor

- What is my blood sugar goal?  
Fasting (before you eat anything for the day): \_\_\_\_\_  
After I eat (wait 2 hours): \_\_\_\_\_
- How often should I check my blood sugar?  
\_\_\_\_\_
- What should I do if my blood sugar is too high?  
\_\_\_\_\_
- What should I do if my blood sugar is too low?  
\_\_\_\_\_
- Can my diabetes get worse?
- Since I have diabetes do I need to take medicine to control it?
- How important is it to change what I eat?
- How important is it for me to exercise?
- Do I need to see other doctors, like an eye or foot doctor?

# Emergency Blood Sugar Level

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If your blood sugar level is:

**200**

or more



**See your primary care doctor  
or visit an urgent care today!**

Ask your doctor if this number is right for you



# Urgent Care Locations

## 1. Culinary Health Center

650 N. Nellis Blvd.

Las Vegas, NV 89110

702-790-8000

## 2. Healthcare Partners

4880 S. Wynn Road

Las Vegas, NV 89103

702-871-5005

## 3. Southwest Medical Associates

888 S. Rancho Drive

Las Vegas, NV 89106

702-877-5108

For a complete list of Urgent Care locations visit our website at [www.culinaryhealthfund.org](http://www.culinaryhealthfund.org), or call the Customer Service Office at 702-733-9938.

# How to use this log

What did you eat?

Before



After



Monday

02 / 14 / 2019

B *2 eggs, 2 bacon and 1 toast*

*65*

*100*

L

D

S

Write the date.

Write the foods you eat for each meal.

B = Breakfast    D = Dinner  
L = Lunch        S = Snack

Wednesday

B

L

D

S

Thursday

B

L

D

S

Please make sure you write down your blood sugar level before and after each meal.

B = Breakfast  
L = Lunch

D = Dinner  
S = Snack

Before



After



What did you eat?

Friday

/ /

B

L

D

S

Saturday

/

Have questions for your doctor or notice a pattern? Write them in the notes section.

S

Sunday

/ /

B

L

D

S

Notes

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# Keeping track of my blood sugar



Before



After



What did you eat?

		Before 	After 
<b>Monday</b>  / /	B		
	L		
	D		
	S		
<b>Tuesday</b>  / /	B		
	L		
	D		
	S		
<b>Wednesday</b>  / /	B		
	L		
	D		
	S		
<b>Thursday</b>  / /	B		
	L		
	D		
	S		

B = Breakfast  
L = Lunch

D = Dinner  
S = Snack

Before



After



What did you eat?

		Before	After
<b>Friday</b>  / /	B		
	L		
	D		
	S		
<b>Saturday</b>  / /	B		
	L		
	D		
	S		
<b>Sunday</b>  / /	B		
	L		
	D		
	S		

**Notes** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Keeping track of my blood sugar



Before



After



What did you eat?

		Before 	After 
<b>Monday</b>  / /	B		
	L		
	D		
	S		
<b>Tuesday</b>  / /	B		
	L		
	D		
	S		
<b>Wednesday</b>  / /	B		
	L		
	D		
	S		
<b>Thursday</b>  / /	B		
	L		
	D		
	S		

B = Breakfast  
L = Lunch

D = Dinner  
S = Snack

Before



After



What did you eat?

		Before	After
<b>Friday</b>  / /	B		
	L		
	D		
	S		
<b>Saturday</b>  / /	B		
	L		
	D		
	S		
<b>Sunday</b>  / /	B		
	L		
	D		
	S		

**Notes** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Keeping track of my blood sugar

Before



After



What did you eat?

		Before	After
<b>Monday</b>  / /	B		
	L		
	D		
	S		
<b>Tuesday</b>  / /	B		
	L		
	D		
	S		
<b>Wednesday</b>  / /	B		
	L		
	D		
	S		
<b>Thursday</b>  / /	B		
	L		
	D		
	S		

B = Breakfast  
L = Lunch

D = Dinner  
S = Snack

Before



After



What did you eat?

		Before	After
<b>Friday</b>  / /	B		
	L		
	D		
	S		
<b>Saturday</b>  / /	B		
	L		
	D		
	S		
<b>Sunday</b>  / /	B		
	L		
	D		
	S		

**Notes** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Keeping track of my blood sugar

Before



After



What did you eat?

		Before	After
<b>Monday</b>  / /	B		
	L		
	D		
	S		
<b>Tuesday</b>  / /	B		
	L		
	D		
	S		
<b>Wednesday</b>  / /	B		
	L		
	D		
	S		
<b>Thursday</b>  / /	B		
	L		
	D		
	S		

B = Breakfast  
L = Lunch

D = Dinner  
S = Snack

Before



After



What did you eat?

		Before	After
<b>Friday</b>  / /	B		
	L		
	D		
	S		
<b>Saturday</b>  / /	B		
	L		
	D		
	S		
<b>Sunday</b>  / /	B		
	L		
	D		
	S		

**Notes** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





### **Culinary Pharmacy I**

1945 S. Las Vegas Blvd.  
Las Vegas, NV 89104

**Tel:** 702-650-4417

**Fax:** 702-369-5940

**Monday - Friday**

7am - 6pm

**Saturday**

7am - 2pm

### **Culinary Pharmacy II**

650 N. Nellis Blvd.  
Las Vegas, NV 89110

**Tel:** 702-963-9400

**Fax:** 702-963-9401

**Monday - Friday**

7am - 9pm

**Saturday and Sunday**

7am - 5pm

**Advocacy Line: 702-691-5665**

Culinary Health Fund | 1901 South Las Vegas Blvd., Suite 107 | Las Vegas, NV 89104