Blood Sugar Tracking Log

Write the number · note the timing · follow the personal plan

A caregiver log for blood glucose readings, meal and activity context, and the care team's individualized monitoring and response instructions.

Personal targets · timing · response plan

Keep the person's glucose plan beside the log.

Monitoring schedules and targets can differ. Ask the diabetes care team what to record and how to respond to low or high readings. This worksheet does not calculate doses. [1, 2]

THIS LOG IS FOR (NAME)

PRIMARY CAREGIVER

MONITORING DATES

DIABETES TEAM / PHONE

© 2026 The Caregiving Concierge™

1 CONFIRM THE MONITORING DETAILS

DEVICE / METHOD (METER, CGM OR OTHER)

UNIT USED (mg/dL OR mmol/L)

WHEN TO CHECK / HOW TO RELATE READINGS TO MEALS

PERSONAL TARGET(S) FROM CARE TEAM

INSTRUCTIONS PROVIDED BY / DATE

2 KEEP THE WRITTEN RESPONSE PLAN AVAILABLE

LOW / HIGH READING PLAN: LOCATION AND KEY CONTACT INSTRUCTIONS

© 2026 The Caregiving Concierge™

DAYTIME CONTACT

AFTER-HOURS CONTACT

Use the prescribed plan. Do not improvise insulin, medicine, food or fluid changes from a worksheet entry. For a life-threatening emergency, call 911. [1–3]

Readings · meals · activity · symptoms

3 RECORD EACH READING IN ITS CONTEXT [1, 2]

Use one unit consistently and write it with the log. Record the time in relation to meals, symptoms and relevant activity. Note the action actually taken under the existing plan.

NAME / LOG DATES

UNIT USED / DEVICE OR METHOD

© 2026 The Caregiving Concierge™

DATE / TIME	GLUCOSE / UNIT	MEAL / ACTIVITY TIMING	SYMPTOMS / ACTION TAKEN

© 2026 The Caregiving Concierge™

For continuous glucose monitoring, ask which readings, events or device reports the team wants. This paper log is not a substitute for the device's alerts or instructions. [1]

MISSING READING / DEVICE ISSUE / QUESTION

Review patterns with the team · confirm next steps

4 PREPARE QUESTIONS—NOT DOSE CHANGES

READINGS OR EPISODES WE WANT TO DISCUSS / DATES

QUESTIONS ABOUT CHECK TIMES, FOOD TIMING, ACTIVITY OR THE DEVICE

© 2026 The Caregiving Concierge™

5 RECORD WHAT THE CARE TEAM ADVISED

DATE / CLINICIAN CONTACTED	INSTRUCTIONS / FOLLOW-UP / BY WHEN

NEXT REVIEW / HOW TO SHARE READINGS

CURRENT WRITTEN PLAN LOCATION

A completed log is not a treatment order. Confirm unclear instructions with the diabetes team and keep the current action plan accessible to each caregiver.

© 2026 The Caregiving Concierge™

Sources informing this resource · Original worksheet prompts by TCC

[1] NIDDK — Managing Diabetes

[2] CDC — Manage Blood Sugar

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

https://www.thecaregivingconcierge.com/library

A free resource from The Caregiving Concierge™ by AdVantage Digital LLC

Educational only - not medical, legal, or financial advice.

Created by: The Caregiving Concierge™ · Editorial owner: Kristin, Founder, The Caregiving Concierge™ by Advantage Digital · Last reviewed: 11/15/2026

© 2026 The Caregiving Concierge™