

# 30-Day Blood Sugar Tracking Journal

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Your Personal Guide to Understanding & Managing Your Glucose Levels

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## Welcome to Your Journey

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This journal is designed to help you:

- ☒ Track daily blood sugar patterns
- ☒ Identify food triggers
- ☒ Monitor medication effectiveness
- ☒ Build healthy habits
- ☒ Share accurate data with your doctor

**Consistency is key.** Even tracking for 30 days can reveal patterns you never noticed.

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## How to Use This Journal

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### Daily Tracking (5 minutes/day)

Record these 4 times daily:




1. **Fasting** (morning, before eating)
2. **Post-Breakfast** (2 hours after)
3. **Post-Lunch** (2 hours after)

4. Post-Dinner (2 hours after)

Target Ranges (Consult your doctor)

Reading	Good	Caution	High
Fasting	80-100 mg/dL	100-125 mg/dL	>125 mg/dL
Post-Meal	80-140 mg/dL	140-180 mg/dL	>180 mg/dL

Color Code Your Numbers

-  **Green:** In target range
-  **Yellow:** Slightly elevated
-  **Red:** Needs attention

Daily Log Template

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

Time	Reading	Food/Activity	Notes
Fasting (AM)	___ mg/dL		
Post-Breakfast	___ mg/dL		
Post-Lunch	___ mg/dL		
Post-Dinner	___ mg/dL		

**Meals Today:**

- Breakfast: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Dinner: \_\_\_\_\_
- Snacks: \_\_\_\_\_

**Physical Activity:** \_\_\_\_\_ (minutes)**Water Intake:**         (8 glasses goal)**Stress Level:** 😊 Low | 😐 Medium | 😞 High**Sleep Quality:** ★★★★★ (1-5 stars)**Medication Taken:** ☐ Yes ☐ No**Notes/Observations:**

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## Week 1: Days 1-7

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### Focus: Establishing Your Baseline

This week, simply observe and record without making changes. This helps you understand your current patterns.

**Week 1 Goals:**

- ☐ Record all 4 daily readings
- ☐ Note everything you eat
- ☐ Track sleep and stress

### Day 1

*(Use daily log template)*

## Day 2

*(Use daily log template)*

## Day 3

*(Use daily log template)*

## Day 4

*(Use daily log template)*

## Day 5

*(Use daily log template)*

## Day 6

*(Use daily log template)*

## Day 7 - Weekly Review

### Average Readings This Week:

- Fasting: \_\_\_\_ mg/dL
- Post-Meal: \_\_\_\_ mg/dL

### Patterns Noticed:

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**Highest Reading:** \_\_\_\_ mg/dL (When? \_\_\_\_\_) **Lowest Reading:** \_\_\_\_ mg/dL (When? \_\_\_\_\_)

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## Week 2: Days 8-14

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### Focus: Identifying Triggers

Now start noticing which foods spike your sugar.

#### Week 2 Goals:

- ☐ Identify 3 foods that raise sugar
- ☐ Find 3 foods that keep sugar stable
- ☐ Test one food swap

### Days 8-14

*(Use daily log templates)*

### Day 14 - Weekly Review

#### Foods That Spike My Sugar:

1.

2.

3.

#### Foods That Keep Sugar Stable:

1.

2.

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3.

**This Week's Discovery:**

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## Week 3: Days 15-21

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### Focus: Making Changes

Start implementing small changes based on your observations.

**Week 3 Goals:**

- ☐ Replace one trigger food
- ☐ Add 10-minute post-meal walk
- ☐ Drink water before meals

### Days 15-21

*(Use daily log templates)*

### Day 21 - Weekly Review

**Changes I Made:**

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**Results I Noticed:**

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**What's Working:**

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## Week 4: Days 22-30

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### Focus: Building Habits

Solidify your new habits and prepare to share with your doctor.

#### Week 4 Goals:

- ☐ Maintain consistent meal times
- ☐ Continue post-meal walks
- ☐ Prepare summary for doctor

### Days 22-30

*(Use daily log templates)*

### Day 30 - Final Review

#### My 30-Day Journey Summary

**Starting Fasting Average:** \_\_\_\_ mg/dL **Ending Fasting Average:** \_\_\_\_ mg/dL **Change:** \_\_\_\_ mg/dL (↑/↓)

**Starting Post-Meal Average:** \_\_\_\_ mg/dL **Ending Post-Meal Average:** \_\_\_\_ mg/dL **Change:** \_\_\_\_ mg/dL (↑/↓)

#### Top 3 Things That Helped:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Things to Discuss with Doctor:**1. 

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2. 

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3. 

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## Quick Reference: Indian Foods GI Guide

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### Low GI (Good Choices)

- Moong dal, chana dal
- Brown rice, quinoa
- Most vegetables (karela, palak, bhindi)
- Paneer, eggs, chicken
- Nuts and seeds
- Curd/yogurt

### Medium GI (Moderate)

- Whole wheat roti
- Basmati rice
- Oats upma
- Fruits (apple, orange, guava)

### High GI (Limit These)

- White rice
- Maida products (naan, bread)
- Potatoes



- Watermelon, mango
  - Sugary drinks
  - Mithai
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## Lifestyle Tips for Better Numbers

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### Before Meals

- Drink a glass of water
- Take a short walk
- Avoid extreme hunger

### During Meals

- Eat vegetables first
- Chew slowly (20+ times)
- Use smaller plates
- Stop at 80% full

### After Meals

- Walk for 10-15 minutes
- Don't lie down immediately
- Check sugar at 2 hours

### Daily Habits

- Sleep 7-8 hours
- Manage stress (yoga, meditation)
- Stay consistent with medications
- Keep healthy snacks ready

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## Emergency Reference

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### Low Blood Sugar (Hypoglycemia) - Below 70 mg/dL

**Symptoms:** Shaking, sweating, confusion, dizziness

**Immediate Action:**

1. Eat 15g fast-acting carbs (3-4 glucose tablets, ½ cup juice)
2. Wait 15 minutes
3. Recheck blood sugar
4. If still low, repeat
5. Eat a snack with protein

### High Blood Sugar (Hyperglycemia) - Above 250 mg/dL

**Symptoms:** Excessive thirst, frequent urination, fatigue

**Action:**

1. Drink water
2. Take medication as prescribed
3. Avoid eating more carbs
4. Check for ketones if above 300
5. Call doctor if not improving

**Emergency Numbers:**

- Doctor: \_\_\_\_\_
  - Hospital: \_\_\_\_\_
  - Family: \_\_\_\_\_
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# Notes Pages

## Personal Notes & Observations

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## Questions for My Doctor

1.

2.

3.

4.

5.

## My Commitment

I, \_\_\_\_\_, commit to tracking my blood sugar for the next 30 days.

I understand that this journal is a tool to help me, and the insights I gain will help me make better choices for my health.

**Start Date:** \_\_\_\_\_ **Target End Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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## Resources

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### Track digitally with Health Gheware App

- Log meals and readings
- Get AI-powered insights
- See patterns automatically

👉 **Website:** <https://health.gheware.com> 📺 **YouTube:** [youtube.com/@health\\_gheware](https://youtube.com/@health_gheware) 📖

**Blog:** [health.gheware.com/blog](https://health.gheware.com/blog)

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## Disclaimer

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This journal is for educational and personal tracking purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.

- Always consult your doctor before making changes to your diabetes management plan
- Target ranges may vary based on individual conditions
- If you experience severe symptoms, seek immediate medical attention
- Continue taking medications as prescribed by your doctor

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