

A black and white photograph of a hand holding a glucometer. The device is positioned over a finger, which is being pricked by a small needle. The background is a solid blue color with a diagonal split. The text "My Blood Sugar Log" is written in large, white, bold letters on the right side of the blue background.

# My Blood Sugar Log

# 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. Carenow Urgent Care

6125 W. Tropicana Ave #A  
Las Vegas, NV 89103  
702-701-8900


## 2. Southwest Medical Associates Urgent Care

888 S. Rancho Dr.  
Las Vegas, NV 89106  
702-877-5108

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



# How to use this log



What did you eat?		Before 	After 
<b>Monday</b>  03 / 03 / 2025	B 2 eggs, 2 bacon and 1 toast	65	100
	L		
	D		
	S		
<b>Wednesday</b>  / /	B		
	L		
	D		
	S		
<b>Thursday</b>  / /	B		
	L		
	D		
	S		

Write the date.

Write the foods you eat for each meal.  
B = Breakfast    D = Dinner  
L = Lunch        S = Snack

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

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

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		

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

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

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

# Keeping track of my blood sugar

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    D = Dinner  
L = Lunch        S = Snack

Before    After  
    

What did you eat?

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

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

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# Keeping track of my blood sugar

What did you eat?		Before 	After 
<b>Monday</b>  /   /	B		
	L		
	D		
	S		
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	L		
	D		
	S		
<b>Wednesday</b>  /   /	B		
	L		
	D		
	S		
<b>Thursday</b>  /   /	B		
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Before    After  
    

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

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

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# Keeping track of my blood sugar

What did you eat?		Before 	After 
<b>Monday</b>  /   /	B		
	L		
	D		
	S		
<b>Tuesday</b>  /   /	B		
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	D		
	S		
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	L		
	D		
	S		
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	L		
	D		
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Before    After  
    

What did you eat?

<b>Friday</b>  /   /	B		
	L		
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	L		
	D		
	S		
<b>Sunday</b>  /   /	B		
	L		
	D		
	S		

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

\_\_\_\_\_



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\_\_\_\_\_

# Keeping track of my blood sugar

	What did you eat?	Before 	After 
<b>Monday</b>  / /	B		
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Before    After  
    

What did you eat?

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	L		
	D		
	S		
<b>Sunday</b>  / /	B		
	L		
	D		
	S		

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

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**Culinary Pharmacy - St. Louis Square**  
1945 S. Las Vegas Blvd. Las Vegas, NV 89104  
**Tel:** 702-650-4417 | **Fax:** 702-369-5940  
**Monday - Friday | 9am - 5pm**



**Culinary Pharmacy - Nellis**  
650 N. Nellis Blvd. Las Vegas, NV 89110  
**Tel:** 702-963-9400 | **Fax:** 702-963-9401  
**Monday - Saturday | 8am - 7pm**



**Culinary Pharmacy - Durango**  
6350 S. Durango Dr. Las Vegas, NV 89113  
**Tel:** 725-223-2100 | **Fax:** 725-233-2110  
**Monday - Saturday | 8am - 7pm**



**Culinary Pharmacy - Craig**  
960 W. Craig Rd. North Las Vegas, NV 89032  
**Tel:** 725-332-6464 | **Fax:** 725-332-6454  
**Monday - Saturday | 8am - 7pm**

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

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