



Exercise Blood Sugar (Glucose) Diary

Example

Date	Time	Blood Sugar (glucose) Before Exercise	Blood Sugar (glucose) After Exercise	Comments
04/25	10:00 am	9.8	7.2	

If exercise is new for you

- Monitor your blood sugar levels before and after exercise for 6 or more exercise sessions

If you have been exercising consistently over the past couple of months you may consider monitoring your blood sugar levels before and after exercise if:

- You are experiencing difficulty managing your blood sugar OR
- You are trying a new exercise prescription