Blood Sugar Log for:			IF I feel: dizzy, nauseated, sweaty I SHOULD
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Date	Fasting	My goal is: Notes	IF I feel: dizzy, nauseated, sweaty I SHOULD CHECK MY BLOOD SUGAR and if it is less than 70 mg/dL, I should: • Drink 4oz (1/2 cup) of orange juice or soda • Eat a small protein and carbohydrate snack like: • Nut butter and toast • Cheese and crackers • Lunch meat slices and toast • Refer to my low blood sugar hand out Our Plan:
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