SAMPLE REPORT: made-up data

Blood Sugar Report

My Blood Sugar Journal — Doctor Report

Patient: Sample Patient **Type:** Type 2 **Period:** July 24, 2026 — October 22, 2026 **Generated:** October 22, 2026
Unit: mg/dL **Weight:** 205 lbs

This report is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider.

243	155	7.0%	55%
TOTAL READINGS	AVG GLUCOSE (MG/DL)	EST. A1C *Estimate only*	IN PATIENT'S TARGETS

TIME IN RANGE (70–180 MG/DL)



Below 70: 0% (1) In range: 73% (178) Above 180: 26% (64)

Share of logged readings, not of time. Usual goal: over 70% in range, under 4% below range.

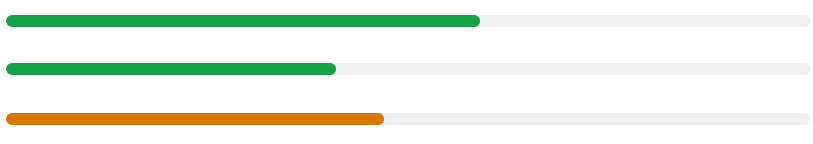
READINGS VS. PATIENT'S TARGETS



Low: 0% (1) In Range: 55% (133) Borderline: 44% (108) High: 0% (1)

Fasting Average	Post-Meal Average
123 mg/dL	**178 mg/dL**
(from 81 readings)	(from 131 readings)

AVERAGE GLUCOSE BY CONTEXT



After meal (2hr)	178 mg/dL	(131)
Fasting	123 mg/dL	(81)
Bedtime	141 mg/dL	(31)

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MEDICATIONS TAKEN

MEDICATION	TIMES USED	AVG GLUCOSE
Metformin	152	154 mg/dL

REPORTED SYMPTOMS

Shaky 1

LAB A1C HISTORY

DATE	LAB A1C
Oct 16, 2026	6.9%
Jul 30, 2026	7.6%

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COMPLETE READING LOG

DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Oct 22, 2026	10:15 PM	114	Bedtime	—	10u	—	—	—
Oct 22, 2026	7:22 PM	166	After mea…	57g	—	Tacos	—	—
Oct 22, 2026	1:31 PM	142	After mea…	39g	—	Tuna wrap	—	—
Oct 22, 2026	7:12 AM	119	Fasting	—	—	—	—	—
Oct 21, 2026	10:07 PM	127	Bedtime	—	10u	—	—	—
Oct 21, 2026	7:05 PM	187	After mea…	62g	—	Chicken s…	Stressed	—
Oct 21, 2026	1:24 PM	148	After mea…	38g	—	Lentil soup	—	—
Oct 21, 2026	7:47 AM	119	Fasting	—	—	—	—	—
Oct 20, 2026	7:37 PM	162	After mea…	49g	—	Salmon a…	—	—
Oct 20, 2026	7:07 AM	116	Fasting	—	—	—	—	—
Oct 19, 2026	7:45 PM	181	After mea…	54g	—	Tacos	—	—
Oct 19, 2026	1:37 PM	168	After mea…	40g	—	Tuna wrap	—	—
Oct 19, 2026	7:34 AM	113	Fasting	—	—	—	—	—
Oct 18, 2026	1:42 PM	141	After mea…	41g	—	Lentil soup	—	—
Oct 18, 2026	7:33 AM	122	Fasting	—	—	—	—	—
Oct 17, 2026	7:19 PM	169	After mea…	49g	—	Salmon a…	—	—
Oct 17, 2026	1:11 PM	152	After mea…	38g	—	Tuna wrap	—	—
Oct 17, 2026	7:22 AM	104	Fasting	—	—	—	—	—
Oct 16, 2026	7:34 PM	182	After mea…	58g	—	Chicken s…	—	—
Oct 16, 2026	1:29 PM	133	After mea…	32g	—	Leftover c…	—	—
Oct 16, 2026	7:26 AM	106	Fasting	—	—	—	—	—
Oct 15, 2026	7:44 AM	101	Fasting	—	—	—	—	—
Oct 14, 2026	10:19 PM	121	Bedtime	—	10u	—	—	—
Oct 14, 2026	7:33 PM	182	After mea…	56g	—	Tacos	—	—
Oct 14, 2026	7:41 AM	97	Fasting	—	—	—	—	—
Oct 13, 2026	1:38 PM	137	After mea…	18g	—	Grilled chi…	Exercised	Walked 3…

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Oct 13, 2026	7:05 AM	127	Fasting	—	—	—	—	—
Oct 12, 2026	1:19 PM	160	After mea…	43g	—	Turkey sa…	—	—
Oct 12, 2026	7:46 AM	108	Fasting	—	—	—	Exercised	—
Oct 10, 2026	10:07 PM	146	Bedtime	—	10u	—	—	—
Oct 10, 2026	1:42 PM	163	After mea…	40g	—	Lentil soup	—	—
Oct 10, 2026	7:17 AM	127	Fasting	—	—	—	—	—
Oct 9, 2026	7:26 PM	179	After mea…	68g	—	Pasta with…	—	—
Oct 9, 2026	1:40 PM	172	After mea…	38g	—	Tuna wrap	—	—
Oct 9, 2026	7:23 AM	119	Fasting	—	—	—	—	—
Oct 8, 2026	10:33 PM	131	Bedtime	—	10u	—	—	—
Oct 8, 2026	7:14 PM	157	After mea…	57g	—	Tacos	—	—
Oct 8, 2026	1:14 PM	147	After mea…	35g	—	Tuna wrap	—	—
Oct 8, 2026	7:40 AM	104	Fasting	—	—	—	—	—
Oct 7, 2026	7:46 PM	183	After mea…	75g	—	Pizza, two…	—	—
Oct 7, 2026	1:07 PM	150	After mea…	35g	—	Leftover c…	—	—
Oct 7, 2026	7:34 AM	119	Fasting	—	—	—	—	—
Oct 6, 2026	10:12 PM	140	Bedtime	—	10u	—	—	—
Oct 6, 2026	7:43 PM	173	After mea…	49g	—	Salmon a…	—	—
Oct 6, 2026	7:05 AM	105	Fasting	—	—	—	—	—
Oct 5, 2026	7:14 PM	168	After mea…	57g	—	Chicken s…	—	—
Oct 5, 2026	1:41 PM	172	After mea…	43g	—	Turkey sa…	—	—
Oct 4, 2026	7:45 PM	179	After mea…	77g	—	Pizza, two…	—	—
Oct 4, 2026	1:09 PM	151	After mea…	35g	—	Leftover c…	—	—
Oct 4, 2026	7:36 AM	104	Fasting	—	—	—	—	—
Oct 3, 2026	7:41 PM	188	After mea…	57g	—	Tacos	Stressed	—
Oct 3, 2026	1:15 PM	166	After mea…	39g	—	Lentil soup	—	—
Oct 3, 2026	7:31 AM	135	Fasting	—	—	—	—	—
Oct 2, 2026	10:35 PM	119	Bedtime	—	10u	—	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Oct 2, 2026	7:37 PM	189	After mea…	56g	—	Tacos	—	—
Oct 2, 2026	1:24 PM	176	After mea…	44g	—	Turkey sa…	—	—
Oct 2, 2026	7:46 AM	124	Fasting	—	—	—	—	—
Oct 1, 2026	10:28 PM	124	Bedtime	—	10u	—	—	—
Oct 1, 2026	7:09 PM	198	After mea…	71g	—	Pasta with…	—	—
Oct 1, 2026	1:29 PM	154	After mea…	18g	—	Grilled chi…	—	—
Oct 1, 2026	7:34 AM	119	Fasting	—	—	—	—	—
Sep 30, 2026	1:29 PM	167	After mea…	39g	—	Tuna wrap	—	—
Sep 30, 2026	7:09 AM	109	Fasting	—	—	—	—	—
Sep 29, 2026	7:16 PM	172	After mea…	76g	—	Pizza, two…	—	—
Sep 29, 2026	1:27 PM	157	After mea…	17g	—	Grilled chi…	—	—
Sep 29, 2026	7:09 AM	121	Fasting	—	—	—	Stressed	—
Sep 28, 2026	1:26 PM	167	After mea…	39g	—	Tuna wrap	—	—
Sep 28, 2026	7:26 AM	132	Fasting	—	—	—	Exercised	—
Sep 27, 2026	7:16 PM	175	After mea…	58g	—	Chicken s…	—	—
Sep 27, 2026	1:29 PM	163	After mea…	20g	—	Grilled chi…	—	—
Sep 27, 2026	7:37 AM	118	Fasting	—	—	—	Exercised	—
Sep 26, 2026	10:21 PM	126	Bedtime	—	10u	—	—	—
Sep 26, 2026	7:45 AM	116	Fasting	—	—	—	—	—
Sep 25, 2026	10:49 PM	130	Bedtime	—	10u	—	—	—
Sep 25, 2026	1:49 PM	166	After mea…	42g	—	Turkey sa…	—	—
Sep 25, 2026	7:31 AM	108	Fasting	—	—	—	—	—
Sep 24, 2026	10:30 PM	153	Bedtime	—	10u	—	Stressed	—
Sep 24, 2026	7:48 PM	180	After mea…	71g	—	Pasta with…	—	—
Sep 24, 2026	1:25 PM	166	After mea…	43g	—	Turkey sa…	—	—
Sep 24, 2026	7:13 AM	136	Fasting	—	—	—	—	—
Sep 23, 2026	7:13 PM	168	After mea…	52g	—	Salmon a…	—	—
Sep 23, 2026	1:19 PM	147	After mea…	37g	—	Tuna wrap	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Sep 23, 2026	7:23 AM	116	Fasting	—	—	—	—	—
Sep 22, 2026	7:13 PM	178	After mea…	54g	—	Tacos	—	—
Sep 22, 2026	1:14 PM	176	After mea…	37g	—	Tuna wrap	Stressed	—
Sep 22, 2026	7:12 AM	108	Fasting	—	—	—	—	—
Sep 21, 2026	10:12 PM	123	Bedtime	—	10u	—	—	—
Sep 21, 2026	7:21 PM	157	After mea…	48g	—	Salmon a…	—	—
Sep 21, 2026	7:27 AM	128	Fasting	—	—	—	—	—
Sep 20, 2026	7:47 PM	165	After mea…	52g	—	Salmon a…	—	—
Sep 20, 2026	7:26 AM	106	Fasting	—	—	—	—	—
Sep 19, 2026	7:27 PM	177	After mea…	70g	—	Pasta with…	—	—
Sep 19, 2026	1:08 PM	135	After mea…	21g	—	Grilled chi…	—	—
Sep 19, 2026	7:33 AM	113	Fasting	—	—	—	—	—
Sep 18, 2026	7:33 PM	193	After mea…	59g	—	Chicken s…	—	—
Sep 18, 2026	1:48 PM	134	After mea…	21g	—	Grilled chi…	Exercised	—
Sep 18, 2026	7:26 AM	133	Fasting	—	—	—	—	—
Sep 17, 2026	10:08 PM	124	Bedtime	—	10u	—	Exercised	—
Sep 17, 2026	7:34 AM	111	Fasting	—	—	—	—	—
Sep 16, 2026	7:18 PM	197	After mea…	57g	—	Tacos	—	—
Sep 16, 2026	7:13 AM	119	Fasting	—	—	—	—	—
Sep 15, 2026	7:42 PM	192	After mea…	58g	—	Chicken s…	—	—
Sep 15, 2026	1:05 PM	153	After mea…	36g	—	Tuna wrap	Stressed	—
Sep 15, 2026	7:17 AM	114	Fasting	—	—	—	—	—
Sep 13, 2026	7:47 PM	191	After mea…	62g	—	Chicken s…	—	—
Sep 13, 2026	1:26 PM	181	After mea…	41g	—	Lentil soup	—	—
Sep 13, 2026	7:21 AM	125	Fasting	—	—	—	—	—
Sep 12, 2026	7:46 PM	190	After mea…	71g	—	Pasta with…	—	—
Sep 12, 2026	7:42 AM	119	Fasting	—	—	—	—	—
Sep 11, 2026	7:05 PM	174	After mea…	70g	—	Pasta with…	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Sep 11, 2026	1:48 PM	167	After mea…	18g	—	Grilled chi…	—	—
Sep 11, 2026	7:32 AM	68	Fasting	—	—	—	—	Skipped d…
Sep 10, 2026	10:25 PM	129	Bedtime	—	10u	—	—	—
Sep 10, 2026	7:36 PM	163	After mea…	47g	—	Salmon a…	—	—
Sep 10, 2026	1:08 PM	181	After mea…	40g	—	Tuna wrap	—	—
Sep 10, 2026	7:05 AM	119	Fasting	—	—	—	—	—
Sep 9, 2026	10:30 PM	130	Bedtime	—	10u	—	—	—
Sep 9, 2026	7:26 PM	183	After mea…	47g	—	Salmon a…	—	—
Sep 9, 2026	1:38 PM	181	After mea…	40g	—	Tuna wrap	—	—
Sep 9, 2026	7:20 AM	126	Fasting	—	—	—	—	—
Sep 8, 2026	7:29 PM	173	After mea…	56g	—	Tacos	—	—
Sep 8, 2026	7:36 AM	113	Fasting	—	—	—	—	—
Sep 7, 2026	7:49 PM	189	After mea…	50g	—	Salmon a…	Exercised	—
Sep 7, 2026	1:22 PM	172	After mea…	39g	—	Tuna wrap	—	—
Sep 6, 2026	7:17 PM	198	After mea…	68g	—	Pasta with…	—	—
Sep 5, 2026	7:27 PM	188	After mea…	69g	—	Pasta with…	Exercised	—
Sep 5, 2026	1:39 PM	147	After mea…	37g	—	Leftover c…	—	—
Sep 5, 2026	7:37 AM	112	Fasting	—	—	—	—	—
Sep 4, 2026	1:31 PM	178	After mea…	39g	—	Lentil soup	—	—
Sep 4, 2026	7:17 AM	119	Fasting	—	—	—	—	—
Sep 3, 2026	10:43 PM	135	Bedtime	—	10u	—	—	—
Sep 3, 2026	7:38 PM	190	After mea…	52g	—	Tacos	—	—
Sep 3, 2026	1:16 PM	163	After mea…	47g	—	Turkey sa…	—	—
Sep 3, 2026	7:46 AM	120	Fasting	—	—	—	—	—
Sep 2, 2026	10:47 PM	136	Bedtime	—	10u	—	—	—
Sep 2, 2026	7:42 PM	191	After mea…	51g	—	Salmon a…	—	—
Sep 2, 2026	1:27 PM	182	After mea…	40g	—	Tuna wrap	—	—
Sep 2, 2026	7:26 AM	114	Fasting	—	—	—	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Sep 1, 2026	7:06 PM	180	After mea…	76g	—	Pizza, two…	—	—
Sep 1, 2026	1:47 PM	184	After mea…	35g	—	Tuna wrap	—	—
Sep 1, 2026	7:23 AM	136	Fasting	—	—	—	—	—
Aug 31, 2026	10:37 PM	142	Bedtime	—	10u	—	—	—
Aug 31, 2026	7:37 PM	180	After mea…	48g	—	Salmon a…	—	—
Aug 31, 2026	7:14 AM	141	Fasting	—	—	—	—	—
Aug 30, 2026	7:13 PM	182	After mea…	77g	—	Pizza, two…	—	—
Aug 30, 2026	7:11 AM	135	Fasting	—	—	—	—	—
Aug 29, 2026	10:35 PM	149	Bedtime	—	10u	—	—	—
Aug 29, 2026	7:09 PM	198	After mea…	77g	—	Pizza, two…	—	—
Aug 29, 2026	7:19 AM	126	Fasting	—	—	—	—	—
Aug 28, 2026	10:31 PM	147	Bedtime	—	10u	—	—	—
Aug 28, 2026	1:41 PM	187	After mea…	40g	—	Lentil soup	—	—
Aug 28, 2026	7:48 AM	145	Fasting	—	—	—	—	—
Aug 27, 2026	7:40 PM	182	After mea…	57g	—	Chicken s…	—	—
Aug 27, 2026	1:34 PM	166	After mea…	34g	—	Leftover c…	—	—
Aug 27, 2026	7:15 AM	129	Fasting	—	—	—	—	—
Aug 26, 2026	7:14 AM	142	Fasting	—	—	—	—	—
Aug 25, 2026	7:32 PM	236	After mea…	59g	—	Chicken s…	—	Birthday …
Aug 25, 2026	1:46 PM	165	After mea…	35g	—	Leftover c…	—	—
Aug 25, 2026	7:10 AM	143	Fasting	—	—	—	Stressed	—
Aug 24, 2026	7:25 PM	193	After mea…	54g	—	Tacos	—	—
Aug 24, 2026	7:24 AM	120	Fasting	—	—	—	—	—
Aug 23, 2026	7:26 PM	206	After mea…	59g	—	Chicken s…	—	—
Aug 23, 2026	7:33 AM	126	Fasting	—	—	—	—	—
Aug 22, 2026	7:41 PM	195	After mea…	56g	—	Tacos	—	—
Aug 22, 2026	1:21 PM	170	After mea…	40g	—	Tuna wrap	—	—
Aug 22, 2026	7:44 AM	117	Fasting	—	—	—	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Aug 21, 2026	10:38 PM	161	Bedtime	—	10u	—	—	—
Aug 21, 2026	7:28 PM	202	After mea…	53g	—	Tacos	—	—
Aug 21, 2026	7:17 AM	117	Fasting	—	—	—	—	—
Aug 20, 2026	7:46 PM	181	After mea…	50g	—	Salmon a…	—	—
Aug 20, 2026	1:49 PM	154	After mea…	32g	—	Leftover c…	—	—
Aug 20, 2026	7:28 AM	121	Fasting	—	—	—	—	—
Aug 19, 2026	7:41 PM	213	After mea…	73g	—	Pizza, two…	Exercised	—
Aug 19, 2026	1:47 PM	182	After mea…	45g	—	Turkey sa…	—	—
Aug 19, 2026	7:40 AM	126	Fasting	—	—	—	—	—
Aug 18, 2026	10:07 PM	140	Bedtime	—	10u	—	—	—
Aug 18, 2026	7:37 PM	212	After mea…	58g	—	Chicken s…	—	—
Aug 18, 2026	1:44 PM	147	After mea…	20g	—	Grilled chi…	—	—
Aug 18, 2026	7:20 AM	132	Fasting	—	—	—	—	—
Aug 17, 2026	7:28 PM	212	After mea…	57g	—	Chicken s…	—	—
Aug 17, 2026	1:23 PM	180	After mea…	22g	—	Grilled chi…	—	—
Aug 17, 2026	7:22 AM	144	Fasting	—	—	—	—	—
Aug 16, 2026	10:05 PM	156	Bedtime	—	10u	—	—	—
Aug 16, 2026	7:27 PM	190	After mea…	58g	—	Chicken s…	—	—
Aug 16, 2026	1:26 PM	188	After mea…	44g	—	Turkey sa…	—	—
Aug 16, 2026	7:43 AM	141	Fasting	—	—	—	—	—
Aug 14, 2026	7:06 PM	200	After mea…	73g	—	Pizza, two…	—	—
Aug 14, 2026	7:46 AM	138	Fasting	—	—	—	—	—
Aug 13, 2026	7:39 PM	183	After mea…	56g	—	Tacos	—	—
Aug 13, 2026	1:21 PM	173	After mea…	36g	—	Leftover c…	—	—
Aug 13, 2026	7:38 AM	132	Fasting	—	—	—	—	—
Aug 12, 2026	10:31 PM	164	Bedtime	—	10u	—	—	—
Aug 12, 2026	7:47 PM	208	After mea…	50g	—	Salmon a…	—	—
Aug 12, 2026	1:24 PM	166	After mea…	32g	—	Leftover c…	—	—

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DATE	TIME	GLUCOSE	CONTEXT	CARBS	INSULIN	MEAL	TAGS	NOTES
Aug 12, 2026	7:34 AM	125	Fasting	—	—	—	—	—
Aug 11, 2026	7:39 PM	188	After mea…	62g	—	Chicken s…	—	—
Aug 11, 2026	1:08 PM	180	After mea…	20g	—	Grilled chi…	—	—
Aug 11, 2026	7:10 AM	126	Fasting	—	—	—	—	—
Aug 10, 2026	10:25 PM	157	Bedtime	—	10u	—	—	—
Aug 10, 2026	1:15 PM	187	After mea…	32g	—	Leftover c…	—	—
Aug 9, 2026	7:28 PM	195	After mea…	67g	—	Pasta with…	Exercised	—
Aug 9, 2026	7:14 AM	119	Fasting	—	—	—	—	—
Aug 8, 2026	10:43 PM	151	Bedtime	—	10u	—	—	—
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Aug 8, 2026	1:30 PM	165	After mea…	18g	—	Grilled chi…	—	—
Aug 8, 2026	7:35 AM	142	Fasting	—	—	—	—	—
Aug 7, 2026	1:26 PM	177	After mea…	39g	—	Lentil soup	—	—
Aug 7, 2026	7:15 AM	127	Fasting	—	—	—	—	—
Aug 6, 2026	10:32 PM	159	Bedtime	—	10u	—	—	—
Aug 6, 2026	7:28 PM	199	After mea…	75g	—	Pizza, two…	—	—
Aug 6, 2026	1:20 PM	182	After mea…	45g	—	Turkey sa…	—	—
Aug 6, 2026	7:09 AM	146	Fasting	—	—	—	—	—
Aug 5, 2026	7:07 PM	187	After mea…	56g	—	Tacos	Exercised	—
Aug 5, 2026	1:23 PM	164	After mea…	41g	—	Lentil soup	—	—
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Aug 4, 2026	1:07 PM	171	After mea…	38g	—	Tuna wrap	—	—
Aug 3, 2026	7:31 PM	195	After mea…	73g	—	Pizza, two…	—	—
Aug 3, 2026	7:18 AM	138	Fasting	—	—	—	—	—
Aug 2, 2026	7:48 PM	191	After mea…	57g	—	Chicken s…	—	—
Aug 2, 2026	7:37 AM	137	Fasting	—	—	—	—	—
Aug 1, 2026	10:06 PM	153	Bedtime	—	10u	—	—	—

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Jul 31, 2026	10:09 PM	160	Bedtime	—	10u	—	—	—
Jul 31, 2026	7:19 PM	187	After mea…	52g	—	Tacos	—	—
Jul 31, 2026	1:19 PM	195	After mea…	42g	—	Lentil soup	—	—
Jul 31, 2026	7:28 AM	150	Fasting	—	—	—	—	—
Jul 30, 2026	10:19 PM	167	Bedtime	—	10u	—	—	—
Jul 30, 2026	7:14 PM	191	After mea…	59g	—	Chicken s…	—	—
Jul 30, 2026	1:20 PM	182	After mea…	17g	—	Grilled chi…	—	—
Jul 30, 2026	7:31 AM	131	Fasting	—	—	—	—	—
Jul 29, 2026	7:16 PM	191	After mea…	62g	—	Chicken s…	—	—
Jul 29, 2026	1:47 PM	188	After mea…	32g	—	Leftover c…	—	—
Jul 29, 2026	7:29 AM	136	Fasting	—	—	—	Stressed	—
Jul 28, 2026	7:21 PM	211	After mea…	72g	—	Pizza, two…	—	—
Jul 28, 2026	7:30 AM	139	Fasting	—	—	—	—	—
Jul 27, 2026	7:15 AM	130	Fasting	—	—	—	—	—
Jul 26, 2026	10:34 PM	154	Bedtime	—	10u	—	—	—
Jul 26, 2026	7:44 PM	214	After mea…	59g	—	Chicken s…	—	—
Jul 26, 2026	1:49 PM	186	After mea…	35g	—	Tuna wrap	—	—
Jul 26, 2026	7:34 AM	152	Fasting	—	—	—	—	—
Jul 25, 2026	7:36 PM	192	After mea…	68g	—	Pasta with…	—	—

SAMPLE REPORT: made-up data