

Using the Sugar Log

The Sugar Log is where you record every reading throughout the day. The app colour-codes each entry against your personal targets instantly.

Step-by-Step: Log a Reading

1

Open Sugar Log

Tap the Sugar tab at the bottom.

2

Choose Reading Type

Fasting, Post Brkfst, Post Lunch, Post Dinner, Bedtime, or Time (custom).

3

Set Date & Time

Defaults to right now. Tap to change if you forgot to log immediately.

4

Enter Your Value

Type your reading. A colour badge appears instantly.

5

Add Notes (Optional)

Add context like "felt dizzy" or "after exercise".

6

Add Medication (Optional)

If any medications were taken with, around, or because of the reading.

7

Save

Tap Save Reading. The entry appears in the list below.

Editing or Deleting a Reading

Tap the ✎ pencil icon on any entry to edit or delete it. A confirmation prompt appears before any deletion.

■ Log readings at consistent times every day for the most useful trend data in your Summary screen.

GD SugarLog is a personal tracking tool and is not a substitute for medical advice.