

# Blood Glucose Log

Week of \_\_\_\_\_



Diabetes Advisor



insulin/meds



after meal



before meal



before meal



after meal



insulin/meds



bedtime

DAY	BREAKFAST		LUNCH		DINNER		SNACK/ OTHER		BED	
<b>Mon</b>										
TIME										
Notes:										
<b>Tues</b>										
TIME										
Notes:										
<b>Wed</b>										
TIME										
Notes:										
<b>Thurs</b>										
TIME										
Notes:										
<b>Fri</b>										
TIME										
Notes:										
<b>Sat</b>										
TIME										
Notes:										
<b>Sun</b>										
TIME										
Notes:										

# Blood Glucose Log

Week of \_\_\_\_\_



DAY	BREAKFAST		LUNCH		DINNER		SNACK/ OTHER	BED
<b>Mon</b> TIME								
Notes:								
<b>Tues</b> TIME								
Notes:								
<b>Wed</b> TIME								
Notes:								
<b>Thurs</b> TIME								
Notes:								
<b>Fri</b> TIME								
Notes:								
<b>Sat</b> TIME								
Notes:								
<b>Sun</b> TIME								
Notes:								