

# Blood Glucose Log

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



before meal



after meal



insulin/meds



bedtime



	BREAKFAST			LUNCH			DINNER			SNACK/ OTHER	BED	
DAY												
<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>												
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