

Food Journal

Date or Day of week:		
	Food and Drink (include amount)	Carbohydrates
Breakfast		
Time:		
Snack:		
Lunch		
Time:		
Snack:		
Dinner		
Time:		
Snack:		

BLOOD SUGARS						
DATE	fasting	after breakfast	before lunch	after lunch	before dinner	after dinner

Talk to your doctor about how often, and when, to test your blood sugar levels.