

Daily Diabetes Log

		Breakfast	Snack	Lunch	Snack	Dinner
Date:	Food & Drinks (Include size of servings)					
		Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g
	Glucose	Before: 2 hrs after:		Before: 2 hrs after:		Before: 2 hrs after:

		Breakfast	Snack	Lunch	Snack	Dinner
Date:	Food & Drinks (Include size of servings)					
		Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g
	Glucose	Before: 2 hrs after:		Before: 2 hrs after:		Before: 2 hrs after:

		Breakfast	Snack	Lunch	Snack	Dinner
Date:	Food & Drinks (Include size of servings)					
		Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g	Carbs: ____ g	Total carbs: ____ g
	Glucose	Before: 2 hrs after:		Before: 2 hrs after:		Before: 2 hrs after: