

# DAILY DIABETES LOG

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

	Fasting Blood Sugar	Med/insulin	Lunch Blood Sugar	Med/insulin	Dinner Blood Sugar	Med/insulin	Before Bed Blood Sugar	Med/insuline	COMMENT Diet, exercise, sickness, stress
	Before / After		Before / After		Before / After				
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

**TIMES TO CHECK YOUR BLOOD SUGAR:** Before you eat in the morning and 2 hours after a meal.  
 Monitor at different times during the day and with different foods to see if your blood sugar levels vary.  
 \*Discuss your personal monitoring times with your doctor.