Weekly Logbook

Time Meds

 Breekfast
 Lunch
 Dinner
 Bedtime

 PRE
 POST
 PRE
 POST
 PRE
 POST
 PRE
 POST
SUNDAY Comments: Time Blood Sugar : Time Meds Carbs MODAY POST PRE POST PRE POST PRE POST Time : Meds Carbs PRE POST PRE POST POST POST TUESDAY Time Blood Sugar Meds WEDNESDAY PRE POST PRE POST PRE POST PRE POST Comments: Time Blood Sugar PRE POST PRE POST PRE POST PRE POST THURSDAY Comments: Time Meds Carbs FRIDAY POST PRE POST PRE POST PRE Comments: Time

Fasting: Pre meal:

Post meal:

mg/dL to:

mg/dL to:

mg/dL to:

mg/dL

mg/dL

mg/dL

	_								
Carbs :		l							
SATURDAY	PRE	POST	PRE	POST	PRE	POST	PRE	POST	Comments:
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :		Ī,							