

Weekly Logbook

Fasting: mg/dL to: mg/dL
Pre meal: mg/dL to: mg/dL
Post meal: mg/dL to: mg/dL

Week of:	Breakfast		Lunch		Dinner		Bedtime		Comments:
	PRE	POST	PRE	POST	PRE	POST	PRE	POST	
SUNDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
MONDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
TUESDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
WEDNESDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
THURSDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
FRIDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									
SATURDAY									
Time :									
Blood Sugar :									
Time :									
Meds :									
Carbs :									