

DAILY LOG

Continue your regular self-testing routine per your healthcare provider's recommendation.

NAME: _____
 I need to test my blood sugar _____ times per day.
 Target Ranges: Pre Meal _____ Post Meal _____
 Next Appointment scheduled for : _____



Day	Date	Breakfast			Lunch			Dinner			Bedtime		
Day 1 - Wednesday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 2 - Thursday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 3 - Friday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 4 - Saturday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 5 - Sunday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 6 - Monday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		
Day 7 - Tuesday		Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:	Before:		Diabetes Management Meds Only:
		Time:			Time:			Time:			Time:		
		Glucose:			Glucose:			Glucose:			Glucose:		
		Activity:			Activity:			Activity:			Activity:		
		Food and Snacks:			Food and Snacks:			Food and Snacks:			Food and Snacks:		

Day	Date	Breakfast		Lunch		Dinner		Bedtime	
Day 8 - Wednesday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 9 - Thursday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 10 - Friday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 11 - Saturday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 12 - Sunday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 13 - Monday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	
Day 14 - Tuesday		Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:	Before:	Diabetes Management Meds Only:
		Time:		Time:		Time:		Time:	
		Glucose:		Glucose:		Glucose:		Glucose:	
		Activity:		Activity:		Activity:		Activity:	
		Food and Snacks:		Food and Snacks:		Food and Snacks:		Food and Snacks:	