

Track your blood glucose levels, medications, carbohydrate grams and your activities to stay in control of your diabetes.

My Diabetes Info for the Week of _____

Before Breakfast				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Breakfast				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Before Lunch				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Lunch				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Before Dinner				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Dinner				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Before Bedtime				
Day	Glucose (mg/dL) /Time	Snack Carb. (grams)	Medication /Dose	Exercise (min)
Su				
M				
Tu				
W				
Th				
F				
Sa				

Notes — Record anything you suspect may have affected your blood glucose results.				
Su				
M				
Tu				
W				
Th				
F				
Sa				