

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/Insulin	COMMENTS DIET, EXERCISE, SICKNESS, STRESS
	Before/ After		Before / After		Before/ After				
M									
O									
N									
T									
U									
E									
W									
E									
D									
T									
H									
R									
F									
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S									
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S									
U									
N									

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.*