



DIABETES LOG

HOW TO USE THIS LOG

This log was created to help you keep track of your blood glucose levels and physical activity between your follow-up appointments with your health care team. It is best to use the log daily but understand that it is okay if you miss logging an entry. By logging your blood sugar levels throughout the day, you can identify any trends that may be taking place and can follow up with your health care team.

It is also important to note how you are feeling along your journey to managing diabetes. As there is no cure for diabetes and it is a chronic condition that requires work every day, it is important to pay attention to your mental and emotional health, in addition to your physical health. You can also use the note section to write any questions, concerns, successes, and/or difficult times that you would like to discuss at your next appointment.

We hope that this tool will be beneficial for you on your journey through diabetes management.

Defense Against Diabetes Team

DIABETES LOG

DATE	MEAL	BLOOD SUGAR BEFORE MEAL	MEDICATION/ INSULIN AMOUNT	BLOOD SUGAR AFTER MEAL	PHYSICAL ACTIVITY (MINUTES)	NOTES/THOUGHTS/FEELINGS
—	BREAKFAST					
	SNACK					
	LUNCH					
	SNACK					
	DINNER					
	BEDTIME					
—	BREAKFAST					
	SNACK					
	LUNCH					
	SNACK					
	DINNER					
	BEDTIME					
—	BREAKFAST					
	AM SNACK					
	LUNCH					
	PM SNACK					
	DINNER					
	BEDTIME					
—	BREAKFAST					
	AM SNACK					
	LUNCH					
	PM SNACK					
	DINNER					
	BEDTIME					
—	BREAKFAST					
	AM SNACK					
	LUNCH					
	PM SNACK					
	DINNER					
	BEDTIME					
—	BREAKFAST					
	AM SNACK					
	LUNCH					
	PM SNACK					
	DINNER					
	BEDTIME					
Fasting Glucose: <150 mg/dL		Blood glucose pre-meal: 80-130 mg/dL			Blood glucose 2-Hr after meal: <180 mg/dL	