



Apollo Healthcare

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Glucose and insulin log pre and post meal

Date	Before Breakfast	Carbs/ Insulin	2HPP Breakfast	Before Lunch	Carbs/ Insulin	2HPP Lunch	Before Dinner	Carbs/ Insulin	2HPP Dinner	Bedtime	Carbs/ Insulin	Late Night
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

Goal: Before meals <100 After meals <140