

# Daily Log

Name: \_\_\_\_\_

I need to test my blood sugar \_\_\_\_\_ times per day.

Target ranges: Pre-meal \_\_\_\_\_ Post-meal \_\_\_\_\_

Next appointment: \_\_\_\_\_

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

Day & Date	Breakfast			Lunch			Dinner			Bedtime	
1 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
2 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
3 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
4 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
5 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
6 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
7 /	Before	After	Insulin	Before	After	Insulin	Before	After	Insulin	Time	Insulin
	Time : :	: :		Time : :	: :		Time : :	: :		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	

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

Day & Date	Breakfast			Lunch			Dinner			Bedtime	
8 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
9 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
10 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:		Glucose mg/dL	
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
11 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:			
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
12 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:			
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
13 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:			
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	
14 /	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	🍏 Before	After 🍏	Insulin	Time	Insulin
	Time :	:		Time :	:		Time :	:			
	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU	Glucose mg/dL	mg/dL	IU		IU
	Food & activity:			Food & activity:			Food & activity:			Comments:	