

# 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				
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
Sun									

**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.