DIABETIC FOOD LOG SHEETS

Date:	Breakfast	Lunch	Dinner	Bedtime	Notes
Blood Sugar					
Food (specify quantities)					
Exercise?					
Date:	Breakfast	Lunch	Dinner	Bedtime	Notes
Blood Sugar					
Food (specify quantities)					
Exercise?					
Date:	Breakfast	Lunch	Dinner	Bedtime	Notes
Blood Sugar					
Food (specify quantities)					
Exercise?					
Date:	Breakfast	Lunch	Dinner	Bedtime	Notes
Blood Sugar					
Food (specify quantities)					
Exercise?					
Date:	Breakfast	Lunch	Dinner	Bedtime	Notes
Blood Sugar					
Food (specify quantities)					
Exercise?					