

Diabetes Log (Week of)

		Breakfast		Lunch		Dinner		Bedtime
		Pre	Post	Pre	Post	Pre	Post	Pre
Date	Blood Glucose							
	Carbs Eaten							
	Insulin/Med							
	Exercise							
	Blood Glucose							
	Carbs Eaten							
	Insulin/Med							
	Exercise							
Date	Blood Glucose							
	Carbs Eaten							
	Insulin/Med							
	Exercise							
Date	Blood Glucose							
	Carbs Eaten							
	Insulin/Med							
	Exercise							
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	Carbs Eaten							
	Insulin/Med							
	Exercise							

Extra Notes: