Blood Glucose & Meal Log WEEK OF: _____ NAME: _____

Date	Breakfast		Lunch		Dinner		Bedtime
Example	Time/BG	Time/BG	Time/BG	Time/BG	Time/BG	Time/BG	Time/BG
	8am /148	10am /160	12pm /97	2:30pm /102	6pm /116		9pm /155
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
	veg omlet - 6		Ham sand-34	1 orange- 20	Roast Beef - 0	¼ c Almonds	
	Milk-11 carb		ice tea-0		1 potato-37		
Insulin:	2 unit aspart		3 unit aspart		4 units aspart		10 unit Lantus
Activity:		Walk 15 min		Walk 15 min		Walk 15 min	
MON	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							
TUE	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							
WED	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							

Blood Glucose & Meal Log WEEK OF: _____ NAME: _____

Date	Breakfast		Lunch		Dinner		Bedtime
THU	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							
FRI	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							
SAT	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							
SUN	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:	Time/BG:
	Food/Carbs:		Food/Carbs:		Food/Carbs:		Food/Carbs
Insulin:							
Activity:							