

# Daily Log

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

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

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

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

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

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

# Daily Log

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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
11	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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
12	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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
13	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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					
14	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	Glucose mg/dL	mg/dL	IU	Comments:	
	Food & activity:				Food & activity:				Food & activity:					