

# DAILY BLOOD SUGAR AND DIET LOG

WEEK OF _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My blood sugar level before breakfast							
What I ate for breakfast							
My blood sugar 2 hours after meal							
What I ate for lunch							
My blood sugar 2 hours after meal							
What I ate for dinner							
My blood sugar 2 hours after meal							
My bedtime blood sugar level							
NOTES:							