

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

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



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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:							

