

Diabetes -- Blood Glucose/Food Log

BLOOD GLUCOSE (BG) TARGETS

Fasting: _____ Before Meals: _____

___ Hour(s) After Start of Meal: _____

Date:	Fasting	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime/snack
Time							
BG							
Food							Exercise:
Insulin							
Date:	Fasting	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime/snack
Time							
BG							
Food							Exercise:
Insulin							
Date:	Fasting	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime/snack
Time							
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