

Daily Log

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

Name: _____

I need to test my blood sugar _____ times per day.

Target ranges: Pre-meal _____ Post-meal _____

Next appointment: _____

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

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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			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
9 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
10 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
11 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
12 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
13 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	
14 /	Before	After	Insulin		Before	After	Insulin		Before	After	Insulin		Time	Insulin
	Time :	:			Time :	:			Time :	:			Glucose mg/dL	
	Glucose mg/dL	mg/dL			U	Glucose mg/dL			mg/dL	U			Glucose mg/dL	
	Food & activity:				Food & activity:				Food & activity:				Comments:	