

| DATE | | BREAKFAST BEFORE/AFTER* | LUNCH BEFORE/AFTER* | DINNER BEFORE/AFTER* | BEDTIME/OTHER | COMMENTS |
|------|---------------|----------------------------|------------------------|-------------------------|---------------|----------|
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |
| | BLOOD GLUCOSE | / | / | / | | |
| | INSULIN/PILLS | | | | | |

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*Test your blood sugar one to two hours after a meal or as instructed by your healthcare professional.