

# DAILY DIABETIC LOG

Date:

Weight:

<b>TIME</b>	<b>FOOD &amp; DRINK ITEM</b>	<b>CARBS (G)</b>	<b>SUGAR (G)</b>	<b>CALORIES</b>	<b>GLUCOSE (MG/DL)</b>
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Total Calories  
Total Carbs  
Avg Glucose  
Water Intake

Notes (Physical activity, medication, or symptoms):