

DAILY GLUCOSE LOG

Name:

Week Of:

Target Range:

DATE	BREAKFAST		LUNCH		DINNER		NIGHT	NOTES (MEDICATION, ACTIVITY, STRESS)
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	BEDTIME	

DATE	BREAKFAST		LUNCH		DINNER		NIGHT	NOTES (MEDICATION, ACTIVITY, STRESS)
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	BEDTIME	

* After meal readings are typically taken 2 hours after the first bite.