

DAILY GLUCOSE LOG

Date: _____

Weight: _____

TIME OF DAY	READING (MG/DL)	CARBS (G)	MEDICATION/INSULIN	NOTES / ACTIVITY
Fasting / Waking				
Breakfast (Pre)				
Breakfast (Post)				
Lunch (Pre)				
Lunch (Post)				
Dinner (Pre)				
Dinner (Post)				
Bedtime				
Other / Night				

DAILY OBSERVATIONS & SYMPTOMS

Standard Target Ranges: Fasting: 70-130 mg/dL | Post-Meal (1-2hr): Less than 180 mg/dL. *Consult your physician for personalized targets.