

DAILY GLUCOSE TRACKER

Name:

Date:

Target Range:

TIME OF DAY	READING (MG/DL)	NOTES (FOOD, MEDS, ACTIVITY)
Fasting / Wake up		
Breakfast (After)		
Lunch (Before)		
Lunch (After)		
Dinner (Before)		
Dinner (After)		
Bedtime		
Other:		

**TIME OF
DAY**

**READING
(MG/DL)**

NOTES (FOOD, MEDS, ACTIVITY)

Other:

Daily Health Log Template Consult your physician for medical advice.