

DAILY GLUCOSE LOG

Date: _____

Patient Name: _____

Weight: _____

Daily Goal: _____

TIME OF DAY	GLUCOSE (MG/DL)	CARBS (G)	INSULIN/MEDS	ACTIVITY/NOTES
Fasting / Waking				
Breakfast (After)				
Lunch (Before)				
Lunch (After)				
Dinner (Before)				
Dinner (After)				
Bedtime				
Other / Night				

Daily Observations & Symptoms:

General Targets:

Before Meals: 80 - 130 mg/dL

2 Hours After Meals: < 180 mg/dL

This chart is for personal tracking. Please consult your physician for medical advice and target adjustments.