

WEEKLY GLUCOSE LOG

Name:

Week Of:

Target Range:

DAY	BREAKFAST		LUNCH		DINNER		BEDTIME	NOTES (MEDS/ACTIVITY)
	PRE	POST	PRE	POST	PRE	POST	READING	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

WEEKLY SUMMARY / TRENDS

QUESTIONS FOR DOCTOR

Minimalist Diabetes Management Template • For personal record keeping only