

Diabetes weekly log book for the week of _____

Meals	Breakfast Time _____	Snack Time _____	Lunch Time _____	Snack Time _____	Dinner Time _____	Snack Time _____
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Blood sugar readings for the same week

	Breakfast		Lunch		Dinner		Bedtime
	Before	2 hours after	Before	2 hours after	Before	2 hours after	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							