

Daily Diabetes Record Page

Week Starting _____

| | Other blood glucose | Breakfast blood glucose | Medicine | Lunch blood glucose | Medicine | Dinner blood glucose | Medicine | Bedtime blood glucose | Medicine | Notes: (Special events, sick days, exercise) |
|-----------|---------------------|-------------------------|----------|---------------------|----------|----------------------|----------|-----------------------|----------|--|
| Monday | | | | | | | | | | |
| Tuesday | | | | | | | | | | |
| Wednesday | | | | | | | | | | |
| Thursday | | | | | | | | | | |
| Friday | | | | | | | | | | |
| Saturday | | | | | | | | | | |
| Sunday | | | | | | | | | | |

You can also find a food and activity tracker at www.ndep.nih.gov.