

Food Diary

Date													
SUN		MON		TUE		WED		THU		FRI		SAT	
BP	/			Fasting Blood Glucose									
Breakfast				Time		:							
Menu:													
Beverage Type				Amount (ounces)									
Snack				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Lunch				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Dinner				Time		:							
Menu:													
Beverage Type				Amount (ounces)									
Snack/Dessert				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Bedtime Blood Glucose					Time		:						
Notes:													

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SUN		MON		TUE		WED		THU		FRI		SAT	
BP	/			Fasting Blood Glucose									
Breakfast				Time		:							
Menu:													
Beverage Type				Amount (ounces)									
Snack				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Lunch				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Dinner				Time		:							
Menu:													
Beverage Type				Amount (ounces)									
Snack/Dessert				Time		:							
Blood Glucose					Insulin (Units)								
Menu:													
Beverage Type				Amount (ounces)									
Bedtime Blood Glucose					Time		:						
Notes:													