

Diet Doctor PRO

Diabetes Log

Begin by filling in the date every day. At each meal, record your blood glucose (if you measure it) before and 60 minutes after eating, the amount of carbs you eat, and your diabetes insulin or medication dosage (if you take them).
Also record any exercise you do during the day.

| | Breakfast | | Lunch | | Dinner | | Bedtime |
|---------------|-----------|------|-------|------|--------|------|---------|
| | PRE | POST | PRE | POST | PRE | POST | |
| Blood Glucose | | | | | | | |
| Carbs Eaten | | | | | | | |
| Insulin/Med | | | | | | | |
| Exercise | | | | | | | |
| Date | | | | | | | |

| | PRE | POST | PRE | POST | PRE | POST | |
|---------------|-----|------|-----|------|-----|------|--|
| Blood Glucose | | | | | | | |
| Carbs Eaten | | | | | | | |
| Insulin/Med | | | | | | | |
| Exercise | | | | | | | |
| Date | | | | | | | |

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