

Food and Blood Glucose Monitoring Log

1. Fill in the Date
2. Write down blood glucose value at the time of eating.
3. Soon after eating, write down all food/beverage and amount actual consumed
4. The small box can be used to write the total grams of carbohydrate consumed at the meal or snack.
5. When you have been physically active, list the activity and the time of the activity.

DATE	BREAKFAST Food / Amount	SNACK Food/Amount	LUNCH Food / Amount	SNACK Food/Amount	DINNER Food / Amount	SNACK Food/Amount	EXERCISE/COMMENTS
	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	
	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	
	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	Time: BG: <input type="text"/>	Time: <input type="text"/>	

	Time: BG:	Time:	Time: BG:	Time:	Time: BG:	Time:	
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	Time: BG:	Time:	Time: BG:	Time:	Time: BG:	Time:	