Week of \_\_\_\_/\_\_\_/\_\_\_

|       | Breakfast     |         |               | Lunch         |         |               | Dinner        |         |               | Bedtime       |         | Night         | Comments |
|-------|---------------|---------|---------------|---------------|---------|---------------|---------------|---------|---------------|---------------|---------|---------------|----------|
|       | Before        | Insulin | After         | Before        | Insulin | After         | Before        | Insulin | After         | Before        | Insulin |               |          |
|       | Time          |         | Time          |          |
|       | Blood Glucose | Units   | Blood Glucose |          |
| Mon   |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Tues  |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Wed   |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: | 7             |         |               |               |         |               |               |         |               |               |         |               |          |
| Thurs |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Fri   |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Sat   |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: | 7             |         |               |               |         |               |               |         |               |               |         |               |          |
| Sun   |               |         |               |               |         |               |               |         |               |               |         |               |          |
| Date: | 7             |         |               |               |         |               |               |         |               |               |         |               |          |

Week of \_\_\_\_/\_\_\_/\_\_\_

| ·     |               | Breakfast |               |               | Lunch   |               |               | Dinner  |               |               | Bedtime |               | Comments |
|-------|---------------|-----------|---------------|---------------|---------|---------------|---------------|---------|---------------|---------------|---------|---------------|----------|
|       | Before        | Insulin   | After         | Before        | Insulin | After         | Before        | Insulin | After         | Before        | Insulin |               |          |
|       | Time          |           | Time          | Time          |         | Time          | Time          |         | Time          | Time          |         | Time          |          |
|       | Blood Glucose | Units     | Blood Glucose | Blood Glucose | Units   | Blood Glucose | Blood Glucose | Units   | Blood Glucose | Blood Glucose | Units   | Blood Glucose |          |
| Mon   |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Tues  |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Wed   |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Thurs |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Fri   |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Sat   |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Date: |               |           |               |               |         |               |               |         |               |               |         |               |          |
| Sun   |               |           |               |               |         |               |               |         |               |               |         |               |          |
| ate:  |               |           |               |               |         |               |               |         |               |               |         |               |          |