

Diabetes Diary

for _____ name _____

My healthy blood glucose range is

before meals: _____ to _____
 2 hours after meals: _____ to _____
 at bedtime: _____ to _____

Date	Meal Plan					Exercise	Medicines*			Blood Glucose				Notes
	Breakfast	Lunch	Dinner	Snack 1	Snack 2		(dose _____)	(dose _____)	(dose _____)	Breakfast	Lunch	Dinner	Bedtime	

Meal Plan	Exercise	*Medicines	Blood Glucose	Notes	Page _____
Followed meal plan = 0 Varied plan a little = 1 Varied plan a lot = 2	No exercise = 0 Light exercise (20 min or less) = 1 Moderate exercise (20-45 min) = 2 Heavy exercise (45+ min) = 3	Write in exact dosage taken and the time	Write in blood glucose level before meal and 2 hours after	Include signs of problems, medication reactions, how meals or activities varied from planned, etc.	