

DIABETIC LOG SHEETS

For: those who take medication or insulin

www.Type2DiabetesGuide.com

- Enter your blood glucose reading into each corresponding box.
- The additional columns marked *Other* can be used for snacks, exercise sessions, etc.
- The *Notes* column is for anything that might have affected your blood sugar, ie. missing an exercise session, skipping a meal, etc.
- These free diabetic log sheets can be modified to suit your situation. For example, if you take more than one type of medication, you can add another line to record the dosages for each.

| START DATE: | | | | | | | END DATE: | | | | | | |
|-------------|-----------|---------|-------|---------|--------|---------|-----------|---------|-------|---------|-------|---------|-------|
| Day | Breakfast | | Lunch | | Dinner | | Bedtime | | Other | | Other | | Notes |
| | Dose | Reading | Dose | Reading | Dose | Reading | Dose | Reading | Dose | Reading | Dose | Reading | |
| Sunday | | | | | | | | | | | | | |
| Monday | | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | | |