

Date \_\_\_\_\_



**Blood Sugar Diary**

Fasting Blood Sugar \_\_\_\_\_ Time \_\_\_\_\_

**BREAKFAST**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

BEFORE LUNCH \_\_\_\_\_

**LUNCH**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

BEFORE DINNER \_\_\_\_\_

**DINNER**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BEDTIME**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_



**Blood Sugar Diary**

Fasting Blood Sugar \_\_\_\_\_ Time \_\_\_\_\_

**BREAKFAST**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

BEFORE LUNCH \_\_\_\_\_

**LUNCH**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

BEFORE DINNER \_\_\_\_\_

**DINNER**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BEDTIME**

Please list food items & amount consumed for this meal

Blood sugar 2-hours  
after meal \_\_\_\_\_  
Time: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_