Weekly blood glucose log

Blood glucose in ☐ mmol/L ☐ mg/dL · Carbs in ☐ portions ☐ grams · Insulin in units

Name _____ Week from _____ to _____

Day	Breakfast				Lunch				Dinner				Bedtime	Overnight	Basal	Notes Exercise, hypos, eating out, illness…
	Before	After	Carbs	Rapid	Before	After	Carbs	Rapid	Before	After	Carbs	Rapid				
Monday __ / __																
Tuesday __ / __																
Wednesday __ / __																
Thursday __ / __																
Friday __ / __																
Saturday __ / __																
Sunday __ / __																