

My Glucose Readings

Name: _____ Dates: _____

		Breakfast		Snack		Lunch		Snack		Dinner		Snack/Bedtime		
		carbs	insulin	carbs	insulin	carbs	insulin	carbs	insulin	carbs	insulin	carbs	insulin	insulin
SUN														
		g	N	g	N	g	N	g	N	g	N	g	N	L
MON														
		g	N	g	N	g	N	g	N	g	N	g	N	L
TUE														
		g	N	g	N	g	N	g	N	g	N	g	N	L
WED														
		g	N	g	N	g	N	g	N	g	N	g	N	L
THU														
		g	N	g	N	g	N	g	N	g	N	g	N	L
FRI														
		g	N	g	N	g	N	g	N	g	N	g	N	L
SAT														
		g	N	g	N	g	N	g	N	g	N	g	N	L