

		BREAKFAST				LUNCH				DINNER				EVENING	
Day	Date	Medication	Before	After	Medication	Before	After	Medication	Before	After	Medication	Bedtime			
			Time	Time		Time	Time		Time	Time			Time		
			Blood Glucose	Blood Glucose				Blood Glucose	Blood Glucose				Blood Glucose		
Mon.															
Comments:								Additional Blood Glucose:							
Tue.															
Comments:								Additional Blood Glucose:							
Wed.															
Comments:								Additional Blood Glucose:							
Thur.															
Comments:								Additional Blood Glucose:							
Fri.															
Comments:								Additional Blood Glucose:							
Sat.															
Comments:								Additional Blood Glucose:							
Sun.															
Comments:								Additional Blood Glucose:							
Symptoms of high Blood Glucose include: <ul style="list-style-type: none"> • hunger • thirst <ul style="list-style-type: none"> • tired • sleepy <ul style="list-style-type: none"> • frequent urination • blurred vision <ul style="list-style-type: none"> • lack of energy • dry, itchy skin 															