



Diabetes Journal

Name: _____

DATE					
Fasting blood 60-89	Time	Time	Time	Time	Time
1 hr after breakfast 100-129	Time	Time	Time	Time	Time
1 hr after lunch 100 - 129	Time	Time	Time	Time	Time
1 hr after dinner 100 - 129	Time	Time	Time	Time	Time
COMMENTS					
GLYBURIDE 60 minutes before BREAKFAST before BED	Dose	Dose	Dose	Dose	Dose
	Dose	Dose	Dose	Dose	Dose
INSULIN DOSE ___ dose before BREAKFAST	Time	Time	Time	Time	Time
___ dose before LUNCH	Time	Time	Time	Time	Time
___ dose before DINNER	Time	Time	Time	Time	Time
___ dose before BEDTIME	Time	Time	Time	Time	Time
FOOD RECORDS					
BREAKFAST	Time	Time	Time	Time	Time
SNACK	Time	Time	Time	Time	Time
LUNCH	Time	Time	Time	Time	Time
SNACK	Time	Time	Time	Time	Time
DINNER	Time	Time	Time	Time	Time
SNACK	Time	Time	Time	Time	Time