

# Daily Diabetes Record Page

Week Starting \_\_\_\_\_

	Other blood glucose	Breakfast blood glucose	Medicine	Lunch blood glucose	Medicine	Dinner blood glucose	Medicine	Bedtime blood glucose	Medicine	Notes: (Special events, sick days, exercise)
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

You can also find a food and activity tracker at [www.ndep.nih.gov](http://www.ndep.nih.gov).