

Name: _____

Diabetes Record

Please communicate with your Provider weekly and following the recommendations given by them.

If your reading is consistently under 125 mg/dl, please contact your provider to consider reducing your medical therapy.

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Insulin Dose								
Grams Carb								
Phys. Activity								

Once your fasting blood glucose is less than 200 mg/dl and we see an average reduction of your fasting blood glucose or post-prandial of more than 50 mg/dl, you will need to reach out to your provider to possibly alter medications.



Name: _____

Non-Insulin Dependent Management

Diabetes Record

Please communicate with your provider weekly and follow the recommendations given by them.

If your readings are consistently below 100 mg/dl, please call your doctor to consider reducing your medical therapy.

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								
Date:	Breakfast	Snack	Lunch	Snack	Dinner	Bedtime	Night	Notes
Blood Sugar								
Grams Carb								
Phys. Activity								