

FOOD DIARY

My target blood sugar ranges: _____ mg/dL to _____ mg/dL

_____ mg/dL BEFORE meals

_____ mg/dL 2 HOURS AFTER meals

WEEK OF ____/____/____ to ____/____/____

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Blood Sugar Level | Fasting: | Fasting: | Fasting: | Fasting: | Fasting: | Fasting: | Fasting: |
| BREAKFAST | | | | | | | |
| Blood Sugar Level | Post Meal: | Post Meal: | Post Meal: | Post Meal: | Post Meal: | Post Meal: | Post Meal: |
| LUNCH | | | | | | | |
| Blood Sugar Level | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: |
| SNACK | | | | | | | |
| Blood Sugar Level | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: |
| DINNER | | | | | | | |
| Blood Sugar Level | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: | Pre Meal: Post Meal: |
| NOTES | | | | | | | |