

Nebraska Endocrinology Specialists  
**Blood Glucose Log**

Patient Name \_\_\_\_\_  
 Birth Date \_\_\_\_\_

| Date          | Breakfast                 |                               | Lunch                        |                               | P.M. Meal                |                               | Bedtime |
|---------------|---------------------------|-------------------------------|------------------------------|-------------------------------|--------------------------|-------------------------------|---------|
|               | Before Meal<br>Time _____ | 2 Hours<br>After<br>Time ____ | Before<br>Meal<br>Time _____ | 2 Hours<br>After<br>Time ____ | Before Meal<br>Time_____ | 2 Hours<br>After<br>Time ____ |         |
| Blood Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin Given |                           |                               |                              |                               |                          |                               |         |

| Date          | Breakfast                 |                               | Lunch                        |                               | P.M. Meal                |                               | Bedtime |
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| Blood Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin Given |                           |                               |                              |                               |                          |                               |         |

| Date          | Breakfast                 |                               | Lunch                        |                               | P.M. Meal                |                               | Bedtime |
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| Blood Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin Given |                           |                               |                              |                               |                          |                               |         |

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| Blood Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin Given |                           |                               |                              |                               |                          |                               |         |

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| Blood Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin Given |                           |                               |                              |                               |                          |                               |         |

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| Blood<br>Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb<br>Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin<br>Given |                           |                               |                              |                               |                          |                               |         |

| Date             | Breakfast                 |                               | Lunch                        |                               | P.M. Meal                |                               | Bedtime |
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| Blood<br>Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb<br>Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin<br>Given |                           |                               |                              |                               |                          |                               |         |

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| Blood<br>Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb<br>Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin<br>Given |                           |                               |                              |                               |                          |                               |         |

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| Blood<br>Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb<br>Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin<br>Given |                           |                               |                              |                               |                          |                               |         |

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| Blood<br>Sugar   |                           |                               |                              |                               |                          |                               |         |
| Carb<br>Grams    |                           |                               |                              |                               |                          |                               |         |
| Insulin<br>Given |                           |                               |                              |                               |                          |                               |         |

