Nebraska Endocrinology Specialists **Blood Glucose Log**

Patient Name	
Birth Date	

Date	Breakfast		Lunch		P.M. Meal		Bedtime
	Before Meal	2 Hours	Before	2 Hours	Before Meal	2 Hours	Before Meal
	Time	After	Meal	After	Time	After	Time
		Time	Time	_ Time		Time	
Blood							
Sugar							
Carb							
Grams							
Insulin							
Given							

Date	Breakfast		Lunch		P.M. Meal		Bedtime
	Before Meal Time	2 Hours After	Before Meal	2 Hours After	Before Meal Time	2 Hours After	Before Meal Time
	1	Time	Time	Time	10	Time	1
Blood							
Sugar							
Carb							
Grams							
Insulin							
Given							

Date	Breakfast		Lunch		P.M. Meal		Bedtime
	Before Meal	2 Hours	Before	2 Hours	Before Meal	2 Hours	Before Meal
	Time	After	Meal	After	Time	After	Time
		Time	Time	Time		Time	
Blood							
Sugar							
Carb							
Grams							
Insulin							
Given							

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		Time	Time	Time		Time	
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Sugar							
Carb							
Grams							
Insulin							
Given							

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