

DIABETIC LOG SHEETS

For: those who do not take medication or insulin

www.Type2DiabetesGuide.com

- Enter your blood glucose reading into each corresponding box.
- The additional columns marked *Other* can be used for snacks, exercise sessions, etc.
- The *Notes* column is for anything that might have affected your blood sugar, ie. missing an exercise session, skipping a meal, etc.

START DATE:				END DATE:			
Day	Breakfast	Lunch	Dinner	Bedtime	Other	Other	Notes
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							