

Daily Diet Journal

Monday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

Fasting Glucose Range = 50 to 90

Tuesday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

1 Hour After Meal Glucose Range = 80-120

Wednesday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

1 Hour After Snack Glucose Range = 70-100



Daily Diet Journal

Thursday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

Fasting Glucose Range = 50 to 90

Friday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

1 Hour After Meal Glucose Range = 80-120

Saturday

Date: ___/___/___

Meal/Drink	Time	Glucose
(fasting - before eating)		

1 Hour After Snack Glucose Range = 70-100

