

Blood Glucose Tracker

Week of:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Time	Carbs	Glucose	Carbs	Glucose	Carbs	Glucose	Carbs	Glucose	Carbs	Glucose	Carbs	Glucose	Carbs	Glucose
7 am														
8 am														
9 am														
10 am														
11 am														
12 pm														
1 pm														
2 pm														
3 pm														
4 pm														
5 pm														
6 pm														
7 pm														
8 pm														
9 pm														
10 pm														
Total Carbs												'		
Exercise (min.)														