



Weekly Food & Blood Sugar Journal

Name: _____

DOB: _____

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Medication

Date		Date		Date		Page 1
Monday		Tuesday		Wednesday		
Breakfast	Ketones: _____	Breakfast	Ketones: _____	Breakfast	Ketones: _____	
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____ Time: _____		BB: _____ Time: _____		BB: _____ Time: _____		
Ab: _____ Time: _____		Ab: _____ Time: _____		Ab: _____ Time: _____		
Snack: _____		Snack: _____		Snack: _____		
Lunch		Lunch		Lunch		
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____ Time: _____		BB: _____ Time: _____		BB: _____ Time: _____		
AL: _____ Time: _____		AL: _____ Time: _____		AL: _____ Time: _____		
Snack: _____		Snack: _____		Snack: _____		
Dinner		Dinner		Dinner		
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____ Time: _____		BB: _____ Time: _____		BB: _____ Time: _____		
AL: _____ Time: _____		AL: _____ Time: _____		AL: _____ Time: _____		
Snack: _____		Snack: _____		Snack: _____		
BT: _____ Time: _____		BT: _____ Time: _____		BT: _____ Time: _____		
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		

Date		Date		Date		Date		Page 2
Thursday		Friday		Saturday		Sunday		
Breakfast	Ketones: _____	Breakfast	Ketones: _____	Breakfast	Ketones: _____	Breakfast	Ketones: _____	
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____	Time: _____	BB: _____	Time: _____	BB: _____	Time: _____	BB: _____	Time: _____	
Ab: _____	Time: _____	Ab: _____	Time: _____	Ab: _____	Time: _____	Ab: _____	Time: _____	
Snack: _____		Snack: _____		Snack: _____		Snack: _____		
Lunch		Lunch		Lunch		Lunch		
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____	Time: _____	BB: _____	Time: _____	BB: _____	Time: _____	BB: _____	Time: _____	
AL: _____	Time: _____	AL: _____	Time: _____	AL: _____	Time: _____	AL: _____	Time: _____	
Snack: _____		Snack: _____		Snack: _____		Snack: _____		
Dinner		Dinner		Dinner		Dinner		
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		
BB: _____	Time: _____			BB: _____	Time: _____	BB: _____	Time: _____	
AL: _____	Time: _____	AL: _____	Time: _____	AL: _____	Time: _____	AL: _____	Time: _____	
Snack: _____		Snack: _____		Snack: _____		Snack: _____		
BT: _____	Time: _____	BT: _____	Time: _____	BT: _____	Time: _____	BT: _____	Time: _____	
Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		Insulin / Med: _____		