GlobalHealth
www.GlobalHealth.com

Blood Glucose Log

Month/Year _____

Day	Breakfast		Lunch		Dinner		Night	Other	Other	Comments (exercise, illness, stress, special foods or other factors that affect your numbers)
	Before	After	Before	After	Before	After				
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										