



Instructions: Each morning, record the date. Then, record the times that you test your blood glucose; and, identify if the test is fasting (FBG) or post-meal (PM). Record everything you eat/drink, plus meds; and, make notes about exercise, medications, weight changes, illness, stressful events, etc.

Date	Time	Blood Glucose	Meds/ Notes	Breakfast	Lunch	Dinner	Snacks
4/23	8:00a	89 FBS	250mg Metformin Walked 30 min Cut metformin dosage in half	Broccoli Wild salmon EVOO Green juice	Green smoothie	Spinach Salad Baked chicken Water, Juice	Apple, walnuts
	12:00p	108 FBS					
	3:00p	99 FBS					
	7:00p	117 PM					