

## Personal Diary

Use this sheet to keep track of blood sugar levels.

DAY	BREAKFAST		LUNCH		DINNER		BEDTIME		NOTES Activity, illness, dietary changes, time of insulin reactions and treatment
	TIME Blood sugar	TIME Insulin or oral agent	TIME Blood sugar	TIME Insulin or oral agent	TIME Blood sugar	TIME Insulin or oral agent	TIME Blood sugar	TIME Insulin or oral agent	
SUN									
MON									
TUES									
WED									
THURS									
FRI									
SAT									
SUN									
MON									
TUES									
WED									
THURS									
FRI									
SAT									