

## DIABETES DAILY SELF CARE RECORD

Day of the Week:	Name:
Date:	

Blood Glucose Target: <95 Before Breakfast and <120 2 hours after Breakfast, Lunch and Dinner

Time	Insulin		Blood Glucose Results		Food Intake		Carbohydrate Information		Physical Activity	
	Type	Amount	Pre-Meal	Post-Meal	Amount	Type of food or Drink	Choices	Grams	Type	Time Spent

Comments (Mood, hunger, thirst, possible explanations for highs or lows):