Texas Children's Maternal Fetal Medicine

Pavilion for Women 6551 Main St., Suite 420, Houston, TX 77030



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	
	Туре	Amount	Pre-Meal	Post-Meal	Amount	Type of food or Drink	Choices	Grams	Туре	Time Spent
Comments (Mood, hunger, thirst, possible explanations for highs or lows):										