

Glucose Monitoring Logbook

by Brookings Health System

Day	Breakfast				Lunch				Dinner				Nighttime (if needed)			
	Before		2 Hours After		Before		2 Hours After		Before		2 Hours After		At Bedtime		Middle of Night	
	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number	Time	Number
Sun																
Mon																
Tues																
Wed																
Thurs																
Fri																
Sat																
Comments																

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Questions or concerns? Please contact our diabetic educator or dietitian.

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