

**LOG FOR THE WEEK OF:** \_\_\_\_\_

DAY	BREAKFAST				SNACK				LUNCH				SNACK				DINNER				SNACK			
	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin
MONDAY																								
TUESDAY																								
WEDNESDAY																								
THURSDAY																								
FRIDAY																								
SATURDAY																								
SUNDAY																								

**WEEKLY CARB NOTES:**

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**WEEKLY BLOOD SUGAR NOTES:**

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**LOW BLOOD SUGAR NOTES:**

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**LOG FOR THE WEEK OF:** \_\_\_\_\_

DAY	BREAKFAST				SNACK				LUNCH				SNACK				DINNER				SNACK			
	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin	Time	Blood Sugar	Carb Count	Insulin
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**WEEKLY CARB NOTES:**

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**WEEKLY BLOOD SUGAR NOTES:**

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**LOW BLOOD SUGAR NOTES:**

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