|  |  |  |  |
| --- | --- | --- | --- |
| Monthly blood glucose logbook | Month of:  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Dinner** | **Bedtime** |  **Comments** |
|  | Pre | Post | Pre | Post | Pre | Post | Pre | Post |  |
| **1** |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |
| **14** |  |  |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |
| **17** |  |  |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |  |  |
| **19** |  |  |  |  |  |  |  |  |  |
| **20** |  |  |  |  |  |  |  |  |  |
| **21** |  |  |  |  |  |  |  |  |  |
| **22** |  |  |  |  |  |  |  |  |  |
| **23** |  |  |  |  |  |  |  |  |  |
| **24** |  |  |  |  |  |  |  |  |  |
| **25** |  |  |  |  |  |  |  |  |  |
| **26** |  |  |  |  |  |  |  |  |  |
| **27** |  |  |  |  |  |  |  |  |  |
| **28** |  |  |  |  |  |  |  |  |  |
| **29** |  |  |  |  |  |  |  |  |  |
| **30** |  |  |  |  |  |  |  |  |  |
| **31** |  |  |  |  |  |  |  |  |  |