Daily Diabetes Log

Week of:

| D | Breakfast | | Lunch | | Dinner | | Bedtime | | Other/Snack | | |
|------|-------------|------------------|-------------|------------------|-------------|------------------|-------------|------------------|-------------|------------------|---|
| Day | Pre Post | Carts Insulin | Pre Post | Carbs Insulin | Pre Post | Carbs Insulin | Pre Post | Carts Insulin | Pre Post | Carbs Insulin | Comments Diet, exercise. Retones, Iliness, stress |
| Mon | | / | | 1 | | / | | / | | / | |
| Tue | | / | | 1 | | 1 | | 1 | | 1 | |
| Wed | | / | | 1 | | 1 | | 1 | | 1 | |
| Thu | | / | | 1 | | 1 | | / | | 1 | |
| Fri | | / | | 1 | | / | | 1 | | 1 | |
| Sat | | 1 | | 1 | | 1 | | / | | 1 | |
| Sun | | 1 | | 1 | | 1 | | / | | 1 | |
| Avg. | | | | | | | | | | | |

Gestational Diabetes Food Diary

O García

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