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

Clifford Lane

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