

DAY	Breakfast	Lunch	Dinner	Bedtime	Other	Other	Notes
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							

START DATE: \_\_\_\_\_ END DATE: \_\_\_\_\_

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# Family Physicians of Laramie

## Daily Blood Sugar Log

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Provider: \_\_\_\_\_

### Diabetes Management Goals

- ✓ Maintain desirable blood glucose and blood lipid (fat) levels.
- ✓ Maintain optimal nutritional status.
- ✓ Reach and maintain a healthy weight
- ✓ Use food lists
- ✓ Measure food portions
- ✓ Read food labels
- ✓ List Favorite foods
- ✓ List Food allergies
- ✓ Eating patterns and habits
- ✓ Physical activity
- ✓ Readiness to change
- ✓ Attitude