



Detailed Diabetes Log for _____ DOB _____

OhioHealth Endocrinology Physicians

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Date		Before brkfst	2 hr after brkfst	Before lunch	2 hr after lunch	Before dinner	2hr after dinner	Bed time	2-3 am
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								
	Time								
	sugar								
	Carbs/meal								
	Insulin								
	Exercise								