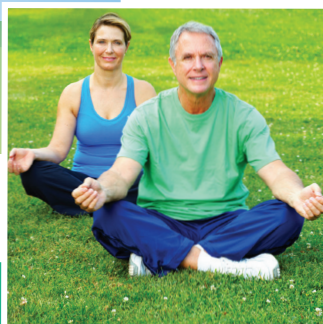


# ARK Care<sup>®</sup> Wellness

+ LIVING WELL WITH DIABETES

## Daily Journal



For more tools and resources to help you manage diabetes, see the information in your ARK Care<sup>®</sup> Wellness folder.

Managing diabetes can be a challenge that requires finding the right balance of food, physical activity, and medicine, if needed.

A healthy balanced diet is key to managing diabetes. You and your healthcare team can decide what is right for you and using a meal plan as a guide is a great way to keep on track.

This information is for general education only. Please consult your diabetes team for meal planning advice.



## Food & Blood Sugar Log

Date \_\_\_\_\_

Meal/Time	Breakfast	7:14 am	cal	carb
	2 large egg whites, cooked		35	0
	3/4 cup blueberries		60	15
	1 whole-wheat English muffin		135	27
	2 tsp butter, unsalted		72	0
	6 oz. black coffee		0	0

Meal/Time	cal	carb
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal/Time	cal	carb
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Snack/Time	cal	carb
	_____	_____

**Sample**

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes: \_\_\_\_\_

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes: \_\_\_\_\_

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes: \_\_\_\_\_

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL



# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Meal/Time \_\_\_\_\_

_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____
_____	cal _____	carb _____

Snack/Time \_\_\_\_\_

_____	cal _____	carb _____
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## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL



# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Meal/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb  
\_\_\_\_\_ cal \_\_\_\_\_ carb

Snack/Time \_\_\_\_\_  
\_\_\_\_\_ cal \_\_\_\_\_ carb

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

# Food & Blood Sugar Log



Date \_\_\_\_\_

**Meal/Time** \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

**Meal/Time** \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

**Meal/Time** \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

**Snack/Time** \_\_\_\_\_

\_\_\_\_\_ cal \_\_\_\_\_ carb \_\_\_\_\_

## Blood Sugar Levels

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Notes:

Before meal \_\_\_\_\_ mg/dL  
After meal \_\_\_\_\_ mg/dL

Your GLUCOCARD® meter is an important tool to help you manage your diabetes and to stay healthy. Use this pamphlet as a guide to learn what your blood sugar levels mean for you and your health.

**Contact ARKRAY at 800.566.8558**

with questions about your blood glucose meter.

*If you did not receive a blood glucose meter, call 800.848.0614*

▲ Call 911 in emergencies.

The information provided in this pamphlet should be personalized to your specific diabetes treatment plan. This pamphlet is meant to assist you in understanding your treatment plan but it should not replace instructions you receive from your healthcare team.