



16. Diabetes Weekly Record Sheet

Days	Breakfast period			Lunch period			Evening meal period			Bedtime	Snacks	Exercise & general comments
	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before		
Example	8.5	scrambled eggs on 2 slices toast	?	8.7	Chicken, salad and 3 small new potatoes	7.9	6.1	Prawn curry with rice	16.5	9.1	2 chocolate digestives	15 minute walk in the evening
Day 1												
Day 2												
Day 3												

Turn over for day 4- day 7

St. Andrew's Medical Centre, Pinewood Gardens, Southborough, Tunbridge Wells, Kent TN4 0LZ			
t: 01892 515455	www.standrewsmc-southborough.nhs.uk	e: standrews.mc@nhs.net	10/2013

StAMC

Days	Breakfast period			Lunch period			Evening meal period			Bedtime	Snacks	Exercise & general comments
	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before	Foods eaten	Blood glucose 1-2 hrs after	Blood glucose before		
Day 4												
Day 5												
Day 6												
Day 7												

St. Andrew's Medical Centre, Pinewood Gardens, Southborough, Tunbridge Wells, Kent TN4 0LZ

t: 01892 515455

www.standrewsmc-southborough.nhs.uk

e: standrews.mc@nhs.net

10/2013