

# My Diabetes Record Book



## Instructions

1. Fill your patient name & week
2. Log blood glucose, meals, and notes
3. Track physical activity & symptoms
4. Check weekly trends for patterns

Small daily steps add up — track, reflect, and improve 💙

# Diabetes Record Book




Patient Name: :

Weekly beginning: \_ / \_ / \_

Day	Breakfast	Lunch	Dinner	Before Bed	Notes ( eg: Illness, Activity, Diet Change
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly beginning: \_ / \_ / \_

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