



# Day Food Record

<b>Meal</b>	<b>Day 1</b> Date: _____	<b>Day 2</b> Date: _____	<b>Day 3</b> Date: _____
Breakfast (First Meal)  Time: Blood Sugar:			
Snack  Time: Blood Sugar:			
Lunch (Second Meal)  Time: Blood Sugar:			
Snack  Time: Blood Sugar:			
Supper (Third Meal)  Time: Blood Sugar:			
Snack  Time: Blood Sugar:			
Bedtime Blood Sugar:			

Name: \_\_\_\_\_ Date: \_\_\_\_\_