

## Daily Diabetes Blood Sugar, Hunger, Food, Exercise, and Water Log

(Record your blood sugars, hunger scale number, what you eat for each meal and snack, exercise details (type and duration), and each 8 oz. of water (with a ✓).

Date \_\_\_\_\_

Exercise	
Water	
Blood sugar	
Hunger scale	
Breakfast	
Blood sugar	
Hunger scale	
Morning snack	
Blood sugar	
Hunger scale	
Lunch	
Blood sugar	
Hunger scale	
Afternoon snack	
Blood sugar	
Hunger scale	
Dinner	
Blood sugar	
Hunger scale	
Evening snack	

Notes