

**INTEGRATED DIABETES SERVICES**

www.integrateddiabetes.com

333 E. Lancaster Ave., Suite 204, Wynnewood, PA 19096

Phone: (610) 642-6055 Fax: (610) 642-8046

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

# Weekly Diabetes Record

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar									
Insulin Dose									
Grams Carb									
Phys. Activity									

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