

# Blood Glucose and Ketone Log

	Exercise	Glucose	Ketone	Insulin		Exercise	Glucose	Ketone	Insulin
<b>Sun. AM</b>					<b>Sun. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Mon. AM</b>					<b>Mon. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Tues. AM</b>					<b>Tues. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Wed. AM</b>					<b>Wed. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Thur. AM</b>					<b>Thur. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Fri. AM</b>					<b>Fri. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				
<b>Sat. AM</b>					<b>Sat. AM</b>				
Dinner					Dinner				
Bedtime					Bedtime				