# 血糖値管理表

　　　　　　　年　　　　　月

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 日付 | 曜日 | 朝食 | 昼食 | 夕食 | 就寝前 | 運動の有無 | 飲酒の有無 | 検査 | 備考 |
| 前 | 後 | 前 | 後 | 前 | 後 |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |
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| 30 |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |  |  |  |  |  |  |
| 合計 |  |  |  |  |  |  |  |  |  |  |  |  |
| 平均 |  |  |  |  |  |  |  |  |  |  |  |  |