

TIME	DAY/DATE				COMMENTS & ACTIVITY
	Insulin Regimen: Insulin Type:				
	Blood Glucose Before Breakfast/Fasting		4-5.5	5.5-7.5	>7.5
	Insulin / Tablets				
	BREAKFAST		Carbs:		
	Blood Glucose 1 to 2hr After Meal		4-7.5	7.5-10	>10
	Mid Morning Snack (if required)		Carbs:		
	Blood Glucose Before Lunch		4-5.5	5.5-7.5	>7.5
	Insulin / Tablets				
	LUNCH		Carbs:		
	Blood Glucose 1 to 2hr After Meal		4-7.5	7.5-10	>10
	Afternoon Snack (if required)		Carbs:		
	Blood Glucose Before Dinner		4-5.5	5.5-7.5	>7.5
	Insulin / Tablets				
	DINNER		Carbs:		
	Blood Glucose 1 to 2hr After Meal		4-7.5	7.5-10	>10
	Blood Glucose before Bed				
	Late Night Snack (if required)		Carbs:		
	Insulin				