

TIME	DAY/DATE				COMMENTS & ACTIVITY
	Insulin Regimen: OD / BD / TDS / Basal Bolus (Please Circle) 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 Blood Glucose before Bed		4-7.5	7.5-10	>10
	Late Night Snack (if required)	Carbs:			
	Insulin				