

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 Blood Glucose before Bed		4-7.5	7.5-10	>10	
	Late Night Snack (if required)		Carbs:			
	Insulin					