

Date:

Day:

	Blood Glucose	Insulin Dosage	Insulin Readjustment	Carbs Intake
Before Breakfast				
After Breakfast				
Before Snack				
After Snack				
Before Lunch				
After Lunch				
Before Snack				
After Snack				
Before Dinner				
After Dinner				
Before Snack				
After Snack				
Before Bedtime				
Extra Notes:				

