

Blood Sugar and Insulin Log

Week:

			Breakfast		Lunch		Dinner		Bedtime		Over-night
			Pre	Post	Pre	Post	Pre	Post	Pre	Post	
Sun	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Mon	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Tues	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Wed	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Thurs	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Fri	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Sat	Notes:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									

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