

Date:	Breakfast		Lunch		Supper		Night	
Monday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Tuesday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Wednesday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Thursday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Friday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Saturday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lant								
Comments								
Sunday	Before	After	Before	After	Before	After	Bedtime	Later
Time								
Blood Sugar								
Food Glucose								
Insul: Meal+SS								
Basal/Lantus								
Comments								
Average:								
Comments:	Exercise: E1-E10		Stress: S1-S10		Name:			