NAME:																						
DOCTOR'S PI			USUAL DOSES OF INSULIN Upon Arising Min. pre/post bkfst Min. pre/post lunch Min. pre/post dinner											1 Unit of N will I lower Blood Sugar mg/dl MISCELLANEOUS			BG EFFECTS OF SWEETS (mg/dl)		EXERCISE ADJUSTMENTS		ABBREVIATIONS: B – Breakfast EX – Exercise	
DOCTOR'S FA	XΑ																				N – Novolog IM – Intramuscular LAN – Lantus LU – Lunch R – Regular Insulin	
																	→					
TARGET BG			Min. pre/post snacks At Bedtime															-			S – Supper SN – Snack	
DATE WEEK BEGINS		SUNE			MONI) A V	TUESDAY			WEDNESDA			AY THURS			DAY EE		EDID	AV	SATURDAY		
		SOIAL	JAI	MONDAY		JAI	TOLODAT			VVLDIVESDA			AT THURS				FKID	RIDAY				
	TIME	BG	MEDS, EXERCISE, FOOD, ETC.	TIME	BG	MEDS, EXERCISE, FOOD, ETC.	TIME	BG	MEDS, EXERCISE, FOOD, ETC.	TIME	BG	MEDS EXERCIS FOOD, E	SE,	TIME	BG	MEDS, EXERCISE, FOOD, ETC.	TIME	BG	MEDS, EXERCISE, FOOD, ETC.	TIME	BG	MEDS, EXERCISE, FOOD, ETC.
1 AM THRU 6 AM																						
6 AM THRU 9 AM																						
9 AM THRU 12 NOON																						
12 NOON THRU 3 AM																						
3 AM THRU 6 PM																						
6 PM THRU 9 PM																						
9 PM THRU 1AM																						

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