

GOAL BEFORE MEALS 80-120

GOAL 2 HOURS AFTER MEALS >180

DIABETES BLOOD SUGAR, FOOD LOG

DATE							
LONG ACTING INSULIN							
BREAKFAST BG BEFORE/2HRS AFTER	/						
MEAL TIME INSULIN DOSE							
BREAKFAST (FOOD)							
SNACK (FOOD)							
LUNCH BG BEFORE/2HRS AFTER	/						
MEAL TIME INSULIN DOSE							

LUNCH (FOOD)							
SNACK (FOOD)							
DINNER BG BEFORE/2HRS AFTER	/						
MEAL TIME INSULIN DOSE							
DINNER (FOOD)							
BG BEDTIME							