

Blood Sugar Log



Name:

Date of Birth:

Office fax: 678-961-2107

Date	breakfast		Mid-AM		lunch		afternoon		dinner		bedtime		Early AM	
	time	BG	time	BG	time	BG	time	BG	time	BG	time	BG	time	BG
	# carbs	Insulin	# carbs	Insulin	# carbs	Insulin	# carbs	Insulin	# carbs	Insulin	# carbs	Insulin	# carbs	Insulin

Correction (use when BG>150):

(BG-100)/ _____

Insulin: carb ratio = 1 unit per _____ grams at breakfast

Basal rates:

1 unit per _____ grams at lunch

1 unit per _____ grams at dinner