FAX: 215-590-3053 PHONE: 215-590-3174

Patient's Name:	Provider's Name:
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## 1. Record your blood sugar, the amount of carbs you ate, & insulin dose

## 2. Circle any blood sugars out of your target range

DATE	BREAKFAST	2 – 3 HRS AFTER BREAKFAST	LUNCH	AFTER SCHOOL	DINNER	BEDTIME SNACK	11PM-12MN	3-4AM	Reasons for Out of Range Blood Sugars
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	
	BS	BS	BS	BS	BS	BS	BS	BS	
	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	Ketones	
	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	Insulin	
	Site	Site	Site	Site	Site	Site	Site	Site	
	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	