

Patient's Name: _____

Provider's Name: _____

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 _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	BS _____ Ketones _____ Insulin _____ Site _____ Carbs _____	
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