

Weekly blood glucose and insulin logbook

Target blood glucose ranges:

Fasting: _____ mg/dL to _____ mg/dL

Pre meal: _____ mg/dL to _____ mg/dL

Post meal: _____ mg/dL to _____ mg/dL

Carb ratio to cover meals / food: 1 unit of insulin per _____ grams of carbohydrates

Insulin sensitivity or correction factor: 1 unit of insulin to lower blood glucose by _____ mg/dL

Multiple daily injection therapy: _____ units of long-acting insulin at _____am/pm

Insulin pump therapy:

Basal rate 1) _____ units/hr from _____ am/pm to _____ am/pm

Basal rate 2) _____ units/hr from _____ am/pm to _____ am/pm

Basal rate 3) _____ units/hr from _____ am/pm to _____ am/pm

Week of:

			Breakfast		Lunch		Dinner		Bedtime		Over-night
			Pre	Post	Pre	Post	Pre	Post	Pre	Post	
Sun.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Mon.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Tues.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Wed.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Thurs.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Fri.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									
Sat.	Comments:	Time: Blood sugar: Carbs (g): Bolus (meal): Correction bolus:									