|  |  |
| --- | --- |
|  | **Target blood glucose ranges:**Fasting: mg/dL to mg/dLPre 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/pmBasal rate 2) units/hr from am/pm to am/pmBasal rate 3) units/hr from am/pm to am/pm |
| Weekly blood glucoseand insulin logbook |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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: |  |  |  |  |  |  |  |  |  |

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