

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:																	