



| Day/ Date | Time | Insulin Dose Type and/or Pills | BLOOD SUGAR RESULTS | | | | | | | | Weight | Notes |
|--------------|------|-----------------------------------|---------------------|-------|--------|-------|--------|-------|--------|-------|--------|-------|
| | | | Breakfast | | Lunch | | Dinner | | Snack | | | |
| | | | BEFORE | AFTER | BEFORE | AFTER | BEFORE | AFTER | BEFORE | AFTER | | |
| MON | | | | | | | | | | | | |
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| TUES | | | | | | | | | | | | |
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| WED | | | | | | | | | | | | |
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| THU | | | | | | | | | | | | |
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| FRI | | | | | | | | | | | | |
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| SAT | | | | | | | | | | | | |
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| SUN | | | | | | | | | | | | |
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To learn more about diabetes education or nutrition, or to request an appointment with one of our specialists, please call 866-9-MEDSTAR (866-963-3782).