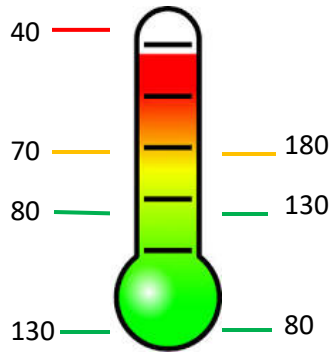


Name: _____

Medications/Doses/Times taken: _____

Carbohydrate Goal @ Meals: _____

Carbohydrate Goal @ Snacks: _____



























Red: Consider calling your Physician
Yellow: Take Action
Green: Target area for blood sugar

<70 = Low Blood Sugar
 Pre-Meal: 80-130 mg/dL
 1-2 hours post-meal: less than 180

Key:
Carbs: Carbohydrates
 : before meal
 : after meal
 : Before exercise
 : After exercise

	Breakfast	Lunch	Dinner	Snacks	Exercise	Reason for High/Low
Sunday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:						
Monday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:						
Tuesday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:						

14 Day Average Blood Glucose: _____ mg/dL Date: _____

	Breakfast	Lunch	Dinner	Snacks	Exercise	Reason for High/Low
Wednesday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:	 	 	 		 	
Thursday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:	 	 	 		 	
Friday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:	 	 	 		 	
Saturday				AM ____ grams PM	Type: Duration:	
Carbs/Insulin:	____ grams ____ units	____ grams ____ units	____ grams ____ units	____ grams		
Blood Sugar:	