

Date	Insulin Dose				Breakfast		Lunch		Dinner		Bedtime Snacks	During the Night	Urine		Comments
	Before Breakfast	Before Lunch	Before Dinner	Before Bedtime	Before	After	Before	After	Before	After	Before		Before Breakfast	Before Dinner	
Low = Lowest number of the column High = Highest number of the column Mean = Add up all numbers of the column, then divide by the number of tests				Low/High	/	/	/	/	/	/	/	/	Record Urine Results below as: N = Negative T = Trace S = Small M = Medium L = Large		
				Mean											

Blood Glucose Goals: before meals and before bedtime snack: 5.0 or less
 One hour after meals: 7.2 or less