

Blood glucose self-monitoring results by a diabetic on insulin therapy

Blood glucose self-monitoring results

Date	Breakfast		Lunch		Dinner		Before evening snack
	Before	2 hours after	Before	2 hours after	Before	2 hours after	At least 3 hours after the previous meal
1. Blood glucose							
Mealtime insulin / carbohydrates							
Exercise (what kind of exercise / time / duration)							
2. Blood glucose							
Mealtime insulin / carbohydrates							
Exercise (what kind of exercise / time / duration)							
3. Blood glucose							
Mealtime insulin / carbohydrates							
Exercise (what kind of exercise / time / duration)							
4. Blood glucose							
Mealtime insulin / carbohydrates							
Exercise (what kind of exercise / time / duration)							

Basal insulin dose and time:

Take an additional measurement if you are feeling unwell or different than usual. Write down the reading and the time.