

Blood Sugar Log Book Page

My Diabetes Plan (Name: _____, DOB _____)

My long-acting (Lantus/Basaglar/Levemir/Tresiba) dose is _____ units and I give it at _____.
(morning, bedtime, etc)

Insulin to Carbohydrate Ratio (Insulin to cover to food at a meal or snack): 1 unit per _____ grams

Correction dose (Insulin to correct a high blood sugar. Not given more often than every 3-4 hours.):

Daytime: 1 unit per _____ mg/dL above _____ mg/dL

Nighttime: 1 unit per _____ mg/dL above _____ mg/dL

On Average I take about _____ units of my Humalog or Novolog insulin per day (include all meals, snacks, and correction doses).

Day	Before Breakfast Sugar	Fast-Acting Insulin	Before Lunch Sugar	Fast-Acting Insulin	Before Supper Sugar	Fast-Acting Insulin	Bedtime Sugar	Long-Acting Insulin	Fast-Acting Insulin	Overnight Sugar	Other Blood Sugars & Insulin Doses		
											Time	Sugar	Notes