SAMPLE PAGE FOR BLOOD SUGAR RECORDS

	Insulin Write N/A (not applicable), or write in time of shot.			Blood Sugar Readings							Comments Details about ketones, exercise, injections, problems.
DATE	AM	PM	OTHER	Before Break-fast	1-2 Hrs. After Break-fast	Before Lunch	1-2 Hrs. After Lunch	Before Dinner	1-2 Hrs. After Dinner	Other	
SAT											
SUN											
MON											
TUE											
WED											
THUR											
FRI											