

## The Johns Hopkins Patient Guide to Diabetes - Glucose and Insulin Log

| Date | Day | Breakfast |       |       |               | Lunch   |       |       |               | Dinner  |       |       |               | Bedtime |               |
|------|-----|-----------|-------|-------|---------------|---------|-------|-------|---------------|---------|-------|-------|---------------|---------|---------------|
|      |     | Glucose   |       | Carbs | Insulin given | Glucose |       | Carbs | Insulin given | Glucose |       | Carbs | Insulin given | Glucose | Insulin given |
|      |     | Before    | After |       |               | Before  | After |       |               | Before  | After |       |               |         |               |
|      | M   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | T   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | W   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | Th  |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | F   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | S   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | Su  |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | M   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | T   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | W   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | Th  |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | F   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | S   |           |       |       |               |         |       |       |               |         |       |       |               |         |               |
|      | Su  |           |       |       |               |         |       |       |               |         |       |       |               |         |               |

Comments: