

Diabetes Clinic

Glucose & insulin diary

Date:		BEFORE BREAKFAST		BEFORE LUNCH		BEFORE TEA		BEFORE BED
TIME								
BLOOD GLUCOSE								
CP								
QUICK ACTING INSULIN								
BACKGROUND INSULIN								
TIMING OF QA INJECTION								
EXERCISE / ACTIVITY Type & Duration								
FOOD & DRINK Comments Note any ' <u>carb free meals</u> '								

COMMENTS: