

Food, Insulin & Blood Glucose Log

	Blood Glucose Prior to Meal	Food Consumed	Total Grams of Carbohydrates	Units of Insulin taken for Correction (SF 1:_____)	Units of Insulin taken to cover Food (I:C 1:_____)	Total Units Administered	Blood Glucose 2 Hours Later (goal < 140mg/dl)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							