ROCKLAND ENDOCRINE
AND DIABETES SERVICES

Name: _____

Long Acting Insulin: _____ Short Acting Insulin: _____

Carb to Insulin Ration: _____ Sensitivity Factor: _____

Date: _____

	12m		6a	7a	8a	9a	10a	11a	12n	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p
Blood Sugar																				
Carbs Eaten																				
Short Acting Ins.																				
Long Acting Ins.																				
Exercise																				

Breakfast	**Time**	**Carbs**	**Lunch**	**Time**	**Carbs**	**Dinner**	**Time**	**Carbs**
Snack	**Time**		**Snack**	**Time**		**Snack**	**Time**	