

# Daily Blood Glucose Results

Divide required fall in Blood Glucose by Insulin Sensitivity to give Correction Dose.

W 1	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/

W 18	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/

0400 or 0600

0400 or 0600

B	HIGH								
R	3.9 - 6.9								
E	LOW								

B	HIGH								
R	3.9 - 6.9								
E	LOW								

2 hrs after meal

2 hrs after meal

L	HIGH								
U	3.9 - 6.9								
N	LOW								

L	HIGH								
U	3.9 - 6.9								
N	LOW								

2 hrs after meal

2 hrs after meal

T	HIGH								
E	3.9 - 6.9								
A	LOW								

T	HIGH								
E	3.9 - 6.9								
A	LOW								

2 hrs after meal

2 hrs after meal

S	HIGH								
U	3.9 - 6.9								
P	LOW								

S	HIGH								
U	3.9 - 6.9								
P	LOW								

2 hrs after meal

2 hrs after meal

0000 or 0200

0000 or 0200

7d Avg BG

7d Avg BG

08 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 25