

		Breakfast		Lunch		Dinner		Bedtime
		Pre	Post	Pre	Post	Pre	Post	
Date	Blood Glucose							
	Carbs Eaten							
	Insulin Dose							
Date	Blood Glucose							
	Carbs Eaten							
	Insulin Dose							
Date	Blood Glucose							
	Carbs Eaten							
	Insulin Dose							

DTC - UCSF