

Diabetes Tracking

5 Day Log Sheet

Patient Name:

Date of Birth:

| Before Meals | 2 Hours After Meals | Bedtime & Overnight | A1c |
|--------------|---------------------|---------------------|----------------|
| 90-130 mg/dl | Less than 180 mg/dl | 90-150 mg/dl | Less than 7.5% |

| | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-------------|-------|------|------|------|------|------|------|------|------|------|-------|-------|-------|------|------|------|------|------|------|------|------|------|-------|-------|--|
| Date: | Time | 12 AM | 1 AM | 2 AM | 3 AM | 4 AM | 5 AM | 6 AM | 7 AM | 8 AM | 9 AM | 10 AM | 11 AM | 12 PM | 1 PM | 2 PM | 3 PM | 4 PM | 5 PM | 6 PM | 7 PM | 8 PM | 9 PM | 10 PM | 11 PM | |
| | Blood Sugar | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Carbs | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Insulin | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Notes | | | | | | | | | | | | | | | | | | | | | | | | | |
| Date: | Time | 12 AM | 1 AM | 2 AM | 3 AM | 4 AM | 5 AM | 6 AM | 7 AM | 8 AM | 9 AM | 10 AM | 11 AM | 12 PM | 1 PM | 2 PM | 3 PM | 4 PM | 5 PM | 6 PM | 7 PM | 8 PM | 9 PM | 10 PM | 11 PM | |
| | Blood Sugar | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Carbs | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Insulin | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Notes | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Insulin | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Insulin | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Carbs | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Insulin | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Notes | | | | | | | | | | | | | | | | | | | | | | | | | |

Carb Ratio(s):

Correction Factor(s):

Basal (Long-Acting) Insulin Dose:

Fixed Doses: