Riverside Foustanellas Endocrine and Diabetes Centre Fax: 613-738-8261

Name:		
MRN:		
Геат:		

Daily record of meals and blood sugar

Date:	Ratio:	Correction:		Date:	Ratio:	Correction:		
Background insulin:				Background insulin:				
Breakfast	g carb.	Rapid insulin correction:	Blood sugar	Breakfast	g carb.	Rapid insulin correction:	Blood sugar	
		food:	before:			food:	Before:	
		total:	after:			total:	After:	
Lunch	g carb.	Rapid insulin correction:	Blood sugar	Lunch	g carb.	Rapid insulin correction:	Blood sugar	
		food:	before:			food:	before:	
		total:	after:			total:	after:	
Supper	g carb.	Rapid insulin correction:	Blood sugar before:	Supper	g carb.	Rapid insulin correction:	Blood sugar before:	
		food:	after:			food:	after:	
		total:	bedtime:			total:	bedtime:	
Exercise (type, time, length)			Exercise (type, time, length)					
Notes (snacks, changes to usual pattern, meals out, stress, etc.)			Notes (snacks, changes to usual pattern, meals out, stress, etc.)					
Holes (Shacks, Changes	io usuai pe	attern, meais out	, 311633, 616.)	Titoles (Shacks, Change	s io usual	pattern, meals of	ii, siiess, eic.)	
							2008	