

HAROLD HAMM DIABETES CENTER

Telephone: (918) 619-4803 - Fax: (918) 619-4801

Patient name _____

Phone Number: _____

Blood Sugar	Breakfast	Lunch	Afternoon	Dinner	*Bedtime	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Average Blood Sugar:

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Carbs Eaten	Breakfast	Lunch	Afternoon	Dinner	*Bedtime	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Insulin Administered	Breakfast	Lunch	Afternoon	Dinner	*Bedtime	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

** ALWAYS take the Levemir/Lantus or Tresiba. If blood sugar is less than 120 mg/dL at bedtime, eat a 15 gram snack without corresponding Novolog, Humalog or Apidra;*

**May inject Novolog, Humalog or Apidra at the same time of Levemir/Lantus or Tresiba; use different pen needle and injection site*

Insulin Dose	Breakfast	Lunch	Dinner	Levemir/Lantus	Correction Factor
<i>Fixed/Ratio:</i>					

Target Blood Sugar Ranges:

Ages 5 & Under 70-200

Age 6-11 70-180

Age 12+ 70-150