

March 15	Before B/fast	2 hrs after B/fast	Before lunch	2 hrs after lunch	Before evening meal	2 hrs after evening meal	Before bed	During night	Other
Time									
Blood glucose level (mmo/L)									
Correction dose of insulin (units)									
Total mealtime CHO(g)									
Total insulin dose (units)									
Comments e.g. Exercise/Illness/Hypo/Alcohol									

Date.....	Food and Drink Intake	Estimated carbohydrate (g)
Breakfast		
Snack		
Lunch		
Snack		
Evening Meal		
Snack		