











	Before Breakfast 	Before lunch 	Before dinner 	Before bed 	Notes: 								
Date	<u>Insulin:</u> Fast:			<u>Insulin:</u> Fast:			<u>Insulin:</u> Fast:			<u>Insulin:</u> Slow:			
	Time	Sugar	Insulin	Time		Sugar	Insulin	Time	Sugar	Insulin	Time	Sugar	Insulin

How to use the Guide meter	Food and drinks in diabetes			Introduction to insulin
				
Bit.ly/Guide-Eng	Bit.ly/Carbs1-Eng	Bit.ly/Carbs2-Eng	Bit.ly/SugaryBeverages	Bit.ly/InsulinIntro-Eng

More information at sfghdiabetes.org