**BLOOD GLUCOSE LOG**

**Goals for blood glucose:**
- **Before meals:**
- **1 hour after meals:**
- **Bedtime:**
- **During night:**

**Insulin to carbohydrate ratio:**
- **Breakfast:**
- **Lunch:**
- **Supper:**
- **Snacks:**

**Supplemental insulin for high blood glucose:**
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\[
(Blood \text{ glucose} - X) = \# \text{ units rapid insulin} \\
Y = \text{Blood glucose goal (see left)} \\
Y = \text{Sensitivity factor: } \\
\]