

HAROLD HAMM OKLAHOMA 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: _____

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						

**If blood sugar is less than 120 mg/dL at bedtime, eat a 15 gram snack without insulin.*

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