

DIABETES MANAGEMENT RECORD

Name: _____ Kaiser ID#: _____ Date: _____ Day: **SU M T W TH F S**

Time												
BG Result												
Carb Grams Total												
Units of Humalog/Regular												
Units of NPH/Lantus												

One Days Worth of Food Intake Please list grams of Carbohydrate (Carb) and Fat content for each food

Breakfast				Lunch				Dinner			
Time	Food Description	Carb	Fat	Time	Food Description	Carb	Fat	Time	Food Description	Carb	Fat
Total Grams				Total Grams				Total Grams			

Morning Snack	Carb	Fat	Afternoon Snack	Carb	Fat	Bedtime Snack	Carb	Fat

Activity / Exercise:		Hypoglycemia Reactions:		Comments:
Time of Day		Time AM/PM		
Type of Activity		Blood Sugar		
Duration Minutes		Carb Grams		