

INTENSIVE DIABETES MANAGEMENT RECORD

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

High Blood Glucose (BG) Correction: 1 unit Humalog (Hlog) lowers BG _____ points; Target BG: _____

Insulin/Carb Ratios **Bkft:** 1 U Hlog / _____ gms carb **Lunch:** 1 U Hlog / _____ g carb **Dinner:** 1 U Hlog / _____ gms carb **Snacks:** 1 U Hlog / _____ gms carb

Time												
BG Result												
Carb Grams Total												
Units Humalog for Meal												
Units Humalog for High BG												
Units of NPH/Lantus												

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		