

T1D BLOOD SUGAR LOG

Week Of:
Target Range:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
TIME OF DAY	BG	UNITS	BG	UNITS	BG	UNITS	BG	UNITS	BG	UNITS
Breakfast										
Lunch										
Dinner										
Bedtime										
Night/Other										

Insulin Ratios / Correction Factor

ICR: _____

ISF: _____

Basal Rate: _____

Weekly Notes & Observations

(Exercise, illness, or high-carb meals)