

Keeping your detailed diary up to date can help you discuss carbohydrate counting and insulin dose adjustments with your diabetes team.

Diabetes Diary

Date: __ / __

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	EVENING	MID-EVENING	SUPPER
Food							
Carbohydrate amount							
Blood glucose							
Bolus Insulin							
Basal Insulin							
Activity							