

Enhanced Logbook		Breakfast		Lunch		Dinner		Night	
		Before	After	Before	After	Before	After	Bedtime	2 a.m.
Sunday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Monday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Tuesday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Wednesday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Thursday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Friday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
Saturday ____/____/____ walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Bolus								
# below target									
# above target									
Targets:	before meals: ____ to ____	bedtime: ____ to ____		Basals:		____ u/hr at 12 am		____ u/hr at ____ am/pm	
	after meals: ____ to ____	2 am: ____ to ____				____ u/hr at ____ am/pm		____ u/hr at ____ am/pm	