

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								
	Insulin								
Monday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
Tuesday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
Wednesday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
Thursday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
Friday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
Saturday — / — / — walk/run/bike at ____ am/pm	BG								
	Time								
	Carbs								
	Insulin								
# below target									
# above target									
My target ranges:		Before meals _____ to _____				At bedtime _____ to _____			
		After meals _____ to _____				At 2 a.m _____ to _____			

PATTERNS