5.7 Enhanced Logbook			Breakfast Before After		Lunch Before After		Dinner Before After		Night Bedtime 2 a.m.	
	Sunday	BG								
		Time								
	alk/run/bike	Carbs								
	am/pm	Bolus								
	Monday	BG								
		Time								
	alk/run/bike	Carbs								
	am/pm	Bolus								
-	Tuesday	BG								
		Time								
	alk/run/bike	Carbs								
	am/pm	Bolus								
Wednesday		BG								
_		Time								
	alk/run/bike	Carbs								
at _	am/pm	Bolus								
1	Thursday	BG								
// walk/run/bike at am/pm		Time								
		Carbs								
		Bolus								
Friday		BG								
		Time								
walk/run/bike at am/pm		Carbs								
		Bolus								
Saturday // walk/run/bike		BG								
		Time								
		Carbs								
at_	am/pm	Bolus								
# below targ		-			PA		ER	NS		
# above target		get								
Targets:	before meals:	to bedtime:		me:	to	<u>ie</u> u/hr at 12 am u/hr at am/pm				
μË	after meals:	to	2 am	:	to	u u	ı/hr at :	am/pm	u/hr at	_ am/pm