

14.3 Questions to Ask when You Cannot See a Pattern

If you're on a roller coaster, put your thinking cap on and answer these questions. Deal with issues checked "yes" or "unsure" to get more consistent readings.

Are you:	Yes	No	Unsure
skipping meal boluses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
taking boluses just before or after eating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
not counting or measuring your carbs accurately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
having frequent or severe low blood glucoses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
having excess lows due to fear of complications?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
excessively afraid of having a low?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
skipping meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
not exercising?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
changing insulin doses a lot from day to day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
not changing infusion set often enough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercising at different times, intensities, or durations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sleeping at irregular hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
under stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experiencing pain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ill, have an infection, or have other significant change?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>