5.7 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									

P A T T E R N S

Targets:

before meals: _____ to _____   bedtime: _____ to _____

after meals: _____ to _____   2 am: _____ to _____

Basals:

___ u/hr at 12 am   ___ u/hr at _____ am/pm

___ u/hr at _____ am/pm   ___ u/hr at _____ am/pm

___ u/hr at _____ am/pm   ___ u/hr at _____ am/pm