Copy this worksheet, write in your current values, and bring to each clinic visit:

1. **Average glucose** (14 or 30 days) = _____ mg/dl (mmol/L)

2. **Basal rates:**
   - _____ am/pm _____ u/h _____ am/pm _____ u/h
   - _____ am/pm _____ u/h _____ am/pm _____ u/h
   - _____ am/pm _____ u/h _____ am/pm _____ u/h
   - **Total basal** = ______ units a day

3. **CarbF** = 1 unit for each _____ grams of carb.

4. **CorrF** = 1 unit for each _____ mg/dl (mmol/L) drop in BG

5. **Corr. target** = _____ mg/dl (mmol/L), or _____ to _____ mg/dl (mmol/L)

6. **Basal/Bolus balance** (10-30 day average):
   - TDD = _____ u/day
   - Basal rates = _____ u/day and _____% of TDD
   - Carb boluses = _____ u/day and _____% of TDD
   - Correction boluses = _____ u/day and _____% of TDD

7. **Duration of insulin action** = _____ hrs _____ min

8. **Avg. # of carb boluses/day** = _____  **Avg grams of carb/day** = _____

9. **Average # of corr boluses/day** = _____

10. **Avg. % of TDD used for corr. boluses** = _____ © 2012 Diabetes Services, Inc.