

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.