



## YOUR DIABETES COACH, LLC

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NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Date	BREAKFAST				LUNCH				DINNER				NIGHTTIME				NOTES
	BEFORE		2 HOURS AFTER		BEFORE		2 HOURS AFTER		BEFORE		2 HOURS AFTER		BEDTIME		MIDNIGHT		
	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	Time/ Meds	Reading	

MEAL TIME INSULIN to CARB RATIO (*Novolog/Humalog/Apidra*): BREAKFAST: \_\_\_\_\_ LUNCH: \_\_\_\_\_ DINNER: \_\_\_\_\_  
 CORRECTION /SENSITIVITY FACTOR: 1u of \_\_\_\_\_ lowers \_\_\_\_\_ blood glucose points (to correct glucose over \_\_\_\_\_ before meals)  
 BASAL INSULIN (*Lantus/Levemir/Tresiba/Toujeo/Basaglar*): \_\_\_\_\_