My Insulin Management

👤 **Name:** _____

Taking your medicines and checking your blood sugar levels are key to managing your diabetes. Use this log to keep track of your medicines and blood sugar levels. Share this log with your health care team during each visit.

💧 **Target blood sugar ranges**

Fasting: _____ Before meal: _____ After meal: _____

**Insulin to carb ratio:** 1 unit insulin per _____ grams of carbohydrates

Correction factor: 1 unit insulin to lower blood sugar by _____ mg/dL

Correction dose: *(Current BS - Target BS) ÷ (Correction factor)*

🏆 **My goal this week:** _____

Tracking your blood sugar levels helps you identify patterns. These patterns may mean your plan needs adjusting to keep your blood sugar in your target range. Remember, there are no "good" or "bad" numbers. The levels just tell you if you need to make changes to protect your health.

> Insulin is broken down by the stomach before it reaches your bloodstream, which is why insulin does not come in pill form.
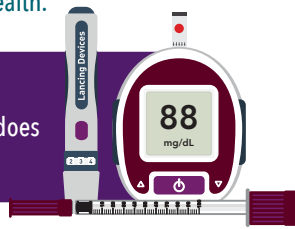
Medicine Copay/Discount Card Membership #: _____

My Healthcare Team: _____

Office Phone: _____

Office Email: _____

Website/Telehealth Appointment Portal: _____

Health Insurance Benefits #: _____

Policy #: _____ Group ID: _____

Emergency Contact: *(Name/Phone/Relation)*
_____/_____/_____

Make/Model Glucose Monitoring Device: _____

Location of Emergency Glucagon Kit: _____

℞ **My medicines**

Name	Prescribed Dosage

Week of ____/____	Breakfast		Lunch		Dinner		Snack		Average	Correction Factor	Basal/Bolus	Notes
	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after				
SUNDAY												
Blood sugar reading												
Medicine/Dose												
MONDAY												
Blood sugar reading												
Medicine/Dose												
TUESDAY												
Blood sugar reading												
Medicine/Dose												
WEDNESDAY												
Blood sugar reading												
Medicine/Dose												
THURSDAY												
Blood sugar reading												
Medicine/Dose												
FRIDAY												
Blood sugar reading												
Medicine/Dose												
SATURDAY												
Blood sugar reading												
Medicine/Dose												

Make extra copies of this log before you use it for the first time.

Patients Have Questions. We Have Answers.
Endocrine Society is your trusted source for endocrine-related patient education. Our digital resources are available at endocrine.org/patient-engagement.

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