Please remember to bring this log, a current list of all your medications, and any blood test reports from other doctors to each office visit.

### My Blood Sugar Targets

<table>
<thead>
<tr>
<th>Time</th>
<th>Before Meals</th>
<th>2 hrs After Meals</th>
<th>Before Meals</th>
<th>2 hrs After Meals</th>
<th>Before Meals</th>
<th>2 hrs After Meals</th>
<th>Before Meals</th>
<th>2 hrs After Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Insulin dose</td>
<td>2 hrs dose</td>
<td>Insulin dose</td>
<td>2 hrs dose</td>
<td>Insulin dose</td>
<td>2 hrs dose</td>
<td>Insulin dose</td>
<td>2 hrs dose</td>
</tr>
<tr>
<td><strong>BEFORE</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFTER</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Insulin Types

- **Long-acting insulins:** NPH (Humulin®, Novolin®-N), Glargine (Lantus®)
- **Short-acting insulins:** Regular (Humulin®, Novolin®-R), Lispro (Humalog®), Aspart (Novolog®)
- **Pre-mixed insulins:** Humulin® R U-50 (Humulin® R U-500 (tare)), Humalog® Mix 50/50

#### Correction Scale

GLUCOSE READING

- 4-6% = Normal
- 6-7% = Excellent
- 7-8% = Good
- 8-9% = Fair
- >9% = Poor

#### YDC Notation

- Reviewed.
- Discussed with patient.
- Left message.

---

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