

OMIRO PHARMACY

Weekly Diabestes Records

| Date: | Breakfast | Snack | Lunch | Snack | Dinner | Bedtime | Night | Notes |
|--------------|-----------|-------|-------|-------|--------|---------|-------|-------|
| Blood Sugar | | | | | | | | |
| Insulin Dose | | | | | | | | |
| Carbs (g) | | | | | | | | |
| Activity | | | | | | | | |
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| Carbs (g) | | | | | | | | |
| Activity | | | | | | | | |

Tips

Test on the side of the finger

Warm up your hands

Switch fingers often

Use fresh lancets

Adjust the lancet depth

If using alcohol wipes, try skipping them as it tightens the skin