# Blood Glucose Level Monitoring

| | Insulin Type | Breakfast (units) | Lunch (units) | Dinner (units) | | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Dinner | After Dinner | Before Bed | Overnight |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Day 1 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 2 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 3 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 4 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 5 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 6 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 7 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| | Insulin Type | Breakfast (units) | Lunch (units) | Dinner (units) | | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Dinner | After Dinner | Before Bed | Overnight |
| Day 8 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 9 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 10 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 11 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 12 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 13 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |
| Day 14 | | | | | BGL mmol/L | | | | | | | | |
| | | | | | Comments | | | | | | | | |