

Carbs & Cals Diabetes Log

**** Please see help sheet before using this Diabetes Log****

Date	Time					
	Carbs					
	BGL					
	Ratio					
	QA					
	BI					
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	Carbs					
	BGL					
	Ratio					
	QA					
	BI					
Date	Time					
	Carbs					
	BGL					
	Ratio					
	QA					
	BI					

Carbs = Amount of Carbohydrate (grams)

BGL = Blood Glucose Level

Ratio = How many units of QA insulin you inject for every 10g Carbs

QA = Quick Acting Insulin **BI** = Background Insulin