

# Blood Glucose Record

Date	Time	Blood glucose (mmol/l)	Insulin (U-100)				Notes
			<i>Add the units of insulin given before food below.</i>				
			Breakfast	Lunch	Dinner	Bedtime	
<i>07/10/2019</i>	<i>08:30</i>	<i>7.5</i>	<i>28 units</i>	<i>--</i>	<i>--</i>	<i>--</i>	<i>Example</i>