Blood Glucose, Carbohydrate and Insulin intake and ratios								
Date	**Night (3am)**	**Before Breakfast**	**After Breakfast**			**Before Lunch**	**After Lunch**	
			1 hour	**2 hours**	**3 hours**		**1 hour**	**2 hours**
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Blood								
Carbs/ grams								
Bolus								
Basal Rate								
Carb: Insulin								
Comments:								
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