

| Enhanced Logbook  |         | Breakfast                   |       | Lunch  |       | Dinner                    |       | Night   |        |
|---|---------|-----------------------------|-------|--------|-------|---------------------------|-------|---------|--------|
|   |         | Before                      | After | Before | After | Before                    | After | Bedtime | 2 a.m. |
| <b>Sunday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm    | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Monday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm    | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Tuesday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm   | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Wednesday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Thursday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm  | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Friday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm    | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b>Saturday</b><br>— / — / —<br>walk/run/bike<br>at ____ am/pm  | BG      |                             |       |        |       |                           |       |         |        |
|   | Time    |                             |       |        |       |                           |       |         |        |
|   | Carbs   |                             |       |        |       |                           |       |         |        |
|   | Insulin |                             |       |        |       |                           |       |         |        |
| <b># below target</b>   |         |                             |       |        |       |                           |       |         |        |
| <b># above target</b>   |         |                             |       |        |       |                           |       |         |        |
| My target ranges:   |         | Before meals _____ to _____ |       |        |       | At bedtime _____ to _____ |       |         |        |
|   |         | After meals _____ to _____  |       |        |       | At 2 a.m. _____ to _____  |       |         |        |