

| | | Breakfast | | Lunch | | Dinner | | Bedtime |
|------|---------------|-----------|------|-------|------|--------|------|---------|
| | | Pre | Post | Pre | Post | Pre | Post | |
| Date | Blood Glucose | | | | | | | |
| | Carbs Eaten | | | | | | | |
| | Medicine | | | | | | | |
| Date | Blood Glucose | | | | | | | |
| | Carbs Eaten | | | | | | | |
| | Medicine | | | | | | | |
| Date | Blood Glucose | | | | | | | |
| | Carbs Eaten | | | | | | | |
| | Medicine | | | | | | | |

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