

On Call[®] Log Book

No: _____

Circle the results you're above or below your target
Add comments on diet, exercise, stress, etc

Date	Breakfast			Lunch			Dinner			Bedtime
	Fasting	After	Carbs /Insulin	Before	After	Carbs /Insulin	Before	After	Carbs /Insulin	
5-4-2012	80	130	5 4N/3N	109	160	7 5N/4N	125	200	9 6N/5N	
	Memo Salads for lunch, Pizza for dinner									
	Memo									
	Memo									
	Memo									
	Memo									
	Memo									

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