DAY	TIME	INSULIN DOSE & OR PILLS	YOUR DAILY BLOOD SUGAR RESULTS							KEYTONE RESULTS	NOTES
			Breakfast		Lunch		Dinner		Bed		
MON.			Before Time mg/dL	After	Before	After	Before	After	Before		
TUES.			Before Time mg/dL	After	Before	After	Before	After	Before		
WEDS.			Before Time mg/dL	After	Before	After	Before	After	Before		
THURS.			Before Time mg/dL	After	Before	After	Before	After	Before		
FRI.			Before Time mg/dL	After	Before	After	Before	After	Before		
SAT			Before Time mg/dL	After	Before	After	Before	After	Before		
SUN			Before Time mg/dL	After	Before	After	Before	After	Before		