

Daily plan:



Time		Insulin for food			Correction insulin			Total insulin (units)	
Meal	Time	Total carbohydrates (g)		Food formula (carb count/ carb ratio)	Food insulin calculated (units)	Blood sugar (BS) level	Correction formula (BS-target/ correction factor)	Correction insulin calculated (units)	Food + correction insulin (units)
Breakfast				-----		BS*: ----- -			
						*BS required			
Morning snack				-----					
Lunch				-----		BS*: ----- -			
						*BS required			
Afternoon snack				-----					
Dinner				-----		BS*: ----- -			
						*BS required			
Bedtime				-----		BS*: ----- -			
						*BS required			