

# Carbohydrate Counting Daily Worksheet

Date: \_\_\_\_\_

Basal insulin: \_\_\_\_\_ Morning dose: \_\_\_\_\_ Evening dose: \_\_\_\_\_

Bolus insulin: \_\_\_\_\_ ICR: 1 u for \_\_\_\_\_ g carbs ISF: 1 u for \_\_\_\_\_ mmol/L

Meal	Food Eaten (include portions)	Total Carbs (grams)	Bolus Insulin
<b>Breakfast</b>			
Time:			Meal bolus _____ u
Pre-meal BS:			+ Correction bolus _____ u
2 hr post-meal BS:			= Total insulin _____ u
			Adjust for exercise: <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Morning Snack</b>			
Time:			
<b>Lunch</b>			
Time:			Meal bolus _____ u
Pre-meal BS:			+ Correction bolus _____ u
2 hr post-meal BS:			= Total insulin _____ u
			Adjust for exercise: <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Afternoon Snack</b>			
Time:			
<b>Dinner</b>			
Time:			Meal bolus _____ u
Pre-meal BS:			+ Correction bolus _____ u
2 hr post-meal BS:			= Total insulin _____ u
			Adjust for exercise: <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Bedtime Snack</b>			
Time:			
BS:			

Abbreviations: BS = blood sugar      g = grams      ICR = insulin to carbohydrate ratio      ISF = insulin sensitivity factor      u = unit