

Week of: \_\_\_/\_\_\_/\_\_\_ to: \_\_\_/\_\_\_/\_\_\_

Belongs to: \_\_\_\_\_

Healthcare Professional: \_\_\_\_\_

Phone: \_\_\_\_\_

My target blood sugar ranges are:

\_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL before meals

\_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL 2 hours after meals

My A1C Level is: \_\_\_\_\_ My A1C Goal is: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Medication							
Breakfast	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Lunch	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Dinner	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Bedtime	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
3 AM	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/
Medication							
Other	/	/	/	/	/	/	/
Pre/Post-Time	/	/	/	/	/	/	/

Insulin is indicated to help control blood sugar in people with diabetes.

### Important Safety Information for Insulin

Possible side effects may include blood sugar levels that are too low, injection site reactions, and allergic reactions, including itching and rash. Tell your doctor about all other medicines and supplements you are taking because they could change the way insulin works. Glucose monitoring is recommended for all patients with diabetes.

The health information contained herein is provided for general education purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment. <http://products.sanofi-aventis.us/lantus/lantus.html>