

Insulin Calculator Worksheet

BREAKFAST

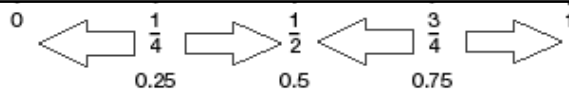
<p>Total carbs: _____ ÷ _____ = _____</p> <p style="text-align: center;">Carb ratio</p>	=	<input style="width: 100%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____</p> <p style="text-align: center;">Target sugar</p>	=	<input style="width: 100%; height: 30px;" type="text"/> + <input style="width: 100%; height: 30px;" type="text"/> = _____ Units of Insulin
<p><i>*Do only if blood sugar is above 150 - if less, skip this step</i></p>		

LUNCH

<p>Total carbs: _____ ÷ _____ = _____</p> <p style="text-align: center;">Carb ratio</p>	=	<input style="width: 100%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____</p> <p style="text-align: center;">Target sugar</p>	=	<input style="width: 100%; height: 30px;" type="text"/> + <input style="width: 100%; height: 30px;" type="text"/> = _____ Units of Insulin
<p><i>*Do only if blood sugar is above 150 - if less, skip this step</i></p>		

DINNER

<p>Total carbs: _____ ÷ _____ = _____</p> <p style="text-align: center;">Carb ratio</p>	=	<input style="width: 100%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____</p> <p style="text-align: center;">Target sugar</p>	=	<input style="width: 100%; height: 30px;" type="text"/> + <input style="width: 100%; height: 30px;" type="text"/> = _____ Units of Insulin
<p><i>*Do only if blood sugar is above 150 - if less, skip this step</i></p>		



<p>Bedtime Blood Sugar: _____</p> <p><i>*Check before bedtime snack (ideally ~ 2 hours after dinner)</i></p> <p>2AM Blood Sugar: _____</p>
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Insulin Calculator Worksheet

BREAKFAST

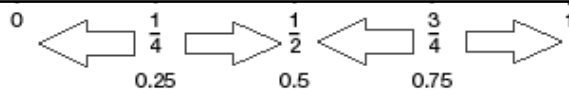
<p>Total carbs: _____ ÷ _____ = _____ Carb ratio</p>	=	<input style="width: 90%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____ Corr factor</p>	=	<input style="width: 90%; height: 30px;" type="text"/> Units of Insulin
<i>*Do only if blood sugar is above 150 - if less, skip this step</i>		

LUNCH

<p>Total carbs: _____ ÷ _____ = _____ Carb ratio</p>	=	<input style="width: 90%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____ Corr factor</p>	=	<input style="width: 90%; height: 30px;" type="text"/> Units of Insulin
<i>*Do only if blood sugar is above 150 - if less, skip this step</i>		

DINNER

<p>Total carbs: _____ ÷ _____ = _____ Carb ratio</p>	=	<input style="width: 90%; height: 30px;" type="text"/> +
<p>Blood sugar: _____ - $\frac{150}{\text{Target sugar}}$ = _____ ÷ _____ Corr factor</p>	=	<input style="width: 90%; height: 30px;" type="text"/> Units of Insulin
<i>*Do only if blood sugar is above 150 - if less, skip this step</i>		



Bedtime Blood Sugar: _____
 *Check before bedtime snack
 (ideally ~ 2 hours after dinner)

2AM Blood Sugar: _____