

Month	Blood glucose level							Insulin dose/pills			
.....	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Night	Breakfast	Lunch	Dinner	Bed time
Days											
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

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Tuesday											
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* Los controles de después de las comidas deben ser realizados entre 1-2 horas después del inicio.