DATE	BREAKFAST		LUNCH		SUPPER		Bedtime	Insulin doses			
	Before	After	Before	After	Before	After	after	breakfast	lunch	dinner	bed

DATE	BREAKFAST		LUNCH		SUPPER		Bedtime	Insulin doses			
	Before	After	Before	After	Before	After	after	breakfast	lunch	dinner	bed

DATE	BREAKFAST		LUNCH		SUPPER		Bedtime	Insulin doses			
	Before	After	Before	After	Before	After	after	breakfast	lunch	dinner	bed

DATE	BREAKFAST		LUNCH		SUPPER		Bedtime	Insulin doses			
	Before	After	Before	After	Before	After	after	breakfast	lunch	dinner	bed