DATE	BREAKFAST			LUNCH			EVENING MEAL		NIGHT/BED TIME			NOTES
	Before (mmol/l)	Insulin dose	After (mmol/l)	Before (mmol/l)	Insulin dose	After (mmol/l)	Before (mmol/l)	Insulin dose	After (mmol/l)	Before (mmol/l)	Insulin dose	After (mmol/l)	