

# Insulin and Blood Sugar Schedule

7:30 AM	Blood Sugar Test Insulin Shot
8:00 AM	Breakfast
10:00 AM	Snack
12:00 PM	Blood Sugar Test Lunch
2:00 PM	Snack
2-4:30 PM	Nap
4:30 PM	Snack
5:30 PM	Blood Sugar Test Insulin Shot
6:00 PM	Supper
7:30 PM	Blood Sugar Test Snack
8:00 PM	Bedtime
9:00 PM	Insulin Shot

Blood Sugar Tests: Before each meal and bedtime.

Insulin Shots: Before breakfast, supper, after bedtime.

\* Test blood sugar whenever you feel symptoms are present.

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