

My diabetes medication at <b>Breakfast</b> is:	My diabetes medication at <b>Lunchtime</b> is:	My diabetes medication at <b>Evening Meal</b> is:	My diabetes medication at <b>Bedtime</b> is:	<b>My</b> glucose target (or time in range) is between:
				and

**REFLECT** upon the information you write on this discovery sheet.  
**DISCUSS** your reflections with your support network and health care professional

I am having hypos! (less than 4 mmol/L)	My glucose is in range!	Is my glucose level all over the place? (e.g. swinging up & down)	I am higher than my glucose target?
<p><b>Consider:</b></p> <hr/> <p>Was my carbohydrate portion too small?            Have I had more alcohol than usual?            Did I do more activity than usual?            Was my insulin dose too high?            Are my glucose levels often low?            Can I see any patterns?</p> <p><b>Discuss with your nurse</b></p>	<p><b>Well Done</b></p> <hr/> <p>Feeling good!</p> <p><b>Share with your nurse</b></p>	<p><b>Consider:</b></p> <hr/> <p>Can I think of a reason for this variability?            What did I do differently?            Do I have injection site lumps?</p> <p><b>Discuss with your nurse</b></p>	<p><b>Consider:</b></p> <hr/> <p>Was my carbohydrate portion too large?            Have I done less activity than usual?            Did I miss my diabetes medication?            Was my insulin dose too low?            Am I unwell?            Can I see any patterns?</p> <p><b>Discuss with your nurse</b></p>





# Diabetes Discovery Sheet

BLOOD GLUCOSE LEVEL (BGL)	Day 1	Day 2	Day 3	Day 4	Day 5
Before breakfast					
<b>Insulin Dose</b>					
2hrs after breakfast					
Breakfast foods eaten					
Before Lunch					
<b>Insulin Dose</b>					
2hrs after lunch					
Lunch foods eaten					
Before Evening meal					
<b>Insulin Dose</b>					
2hrs after evening meal					
Evening meal foods eaten					
Before Bed					
<b>Insulin Dose</b>					
Snacks eaten and time of day					
Activity or Exercise and time of day					