

Insert name Year ??

Daily Plan

This is the normal daily plan to adhere to as best as possible.

This will change if there are hypos, hypers and PE and that will mean more blood sugar tests at various times

1. 10am Test
2. 12/12.30 pm Test
 - *This time should be approx 15 minutes before lunch time so that **insert name** can test and bolus insulin for part of her lunch*
 - *Then she can carb count her lunch and bolus for the remainder carbs when she has her lunch.*
3. 2.30 pm Test
 - *This test should be approx 2 hours after the lunch time bolus of insulin*
4. 4.30 pm Test
 - *This test should be performed if the day finishes at 5 pm*