Always consult with your medical team before making adjustments to your diabetes management

Date	Time of workout	Workout type	BG 60 min before workout	Food/carbs 1-2 hours before workout	Insulin dose 1-2 hours before workout	BG just before workout		Insulin dose just before workout	Insulin on board (active insulin) just before workout	BG during workout	Food/carbs during workout		Food/carbs after workout	BG 60 min after workout	Need for future correction?
9/4/2017	8:00 PM	40 min cardio	125 mg/dl	6 PM rice, steak & veggies (20 g carbs)	1 iu	125 mg/dl	None	None	0.5 iu	95 mg/dl	None	93 mg/dl	None	95 mg/dl	No
9/5/2017	8:00 PM	40 min cardio	135 mg/dl	6 PM sweet potato, chicken & veggies (20 g carbs)	2 iu	125 mg/dl	None	None	1 iu	75 mg/dl	Juice (15 g carbs)	105 mg/dl	None	90 mg/dl	May have overdosed pre-workout bolus