

## EVENING BASIL RATE TESTING

		DAY 1	DAY 2	CHECK RATE	WEEK-END DAY 1	WEEK-END DAY 2	WEEK-END CHECK RATE	SICK DAY 1	SICK DAY 2	SICK DAY CHECK RATE
<b>2:00 PM</b>	<b>PRE-LUNCH</b> BG within Target?									
<b>4:00 PM</b>	<b>2 HOURS AFTER</b> BG 40-80 mg/dl > pre-lunch BG?									
<b>6:00 PM</b>	<b>DINNERTIME</b> BG within 30 mg/dl of target?									
<b>8:00 PM</b>	<b>2 HOURS</b> BG within 30 mg/dl of target?									
<b>10:00 PM</b>	<b>4 HOURS</b> BG within 30 mg/dl of target?									
<b>9:00 AM</b>	<b>6 HOURS</b> BG within 30 mg/dl of target?									
<b>12:00 AM</b>	<b>BEDTIME</b> BG within 30 mg/dl of target?									
<b>BEDTIME SNACK</b>	<b>EAT!</b>									