

## OVERNIGHT 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>6:00 PM</b>	<b>PRE-DINNER</b> BG within Target?									
<b>8:00 PM</b>	<b>2 HOURS AFTER</b> BG 40-80 mg/dl > pre-dinner BG?									
<b>11:00 PM</b>	<b>BEDTIME</b> BG within 30 mg/dl of target?									
<b>3:00 AM</b>	<b>OVERNIGHT</b> BG within 30 mg/dl of target?									
<b>7:00 AM</b>	<b>BREAKFAST TIME</b> BG within 30 mg/dl of target?									
<b>9:00 AM</b>	<b>2 HOURS</b> BG within 30 mg/dl of target?									
<b>11:00 AM</b>	<b>4 HOURS</b> BG within 30 mg/dl of target?									
<b>PRE-LUNCH</b>	<b>EAT!</b>									