

Leeds Student Medical Practice

Insulin Taking Profile

Time of injections - weekdays				
Name of insulin	Breakfast	Lunch	Tea	Bedtime

Time of injections - weekends				
Name of insulin	Breakfast	Lunch	Tea	Bedtime

Meals and snacks		
Meal	Time	Type
Breakfast		
Morning snack		
Lunch		
Tea		
Supper		
Other		

Sport and exercise	
Type	Time of day

Injection sites			
Arms	Abdomen	Buttocks	Legs

REMEMBER

Our web site's Diabetes page contains lots of useful information to help you control your diabetes
<http://www.leeds.ac.uk/lsmph/healthadvice/diabetes/diabetes.htm>