IntegraLife
DIABETES • NUTRITION • PCOS • LIFESTYLE MEDICINE

INSULIN TITRATION FORM: *You may share this with the provider that is managing your diabetes			
DATE	FASTING BG	TITRATE	INSULIN DOSE (UNITS)
EXAMPLE			
1-Jan	*180*		*10*
2-Jan	*179*		*10*
3-Jan	*175*		*10*
4-Jan	*170*	*OVER 120, INC 3U*	*13*
5-Jan	*165*		*13*
6-Jan	*162*		*13*
7-Jan	*161*	*OVER 120, INC 3U*	*16*
		OVER 120, INC 3U	
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