


Wake Up.

 Check blood sugar.




 Treat low.



 Oops, over treated low. Give insulin.


  Count carbs and eat breakfast.

 Snack to keep from going low again.

 Check blood sugar.

   Count carbs and weigh food. If out to eat, take a wild guess and give insulin.

  Oops, wrong guess on the carbs. High and it shows. Correct with more insulin.


 Snack to keep blood sugar stable
(Who are we kidding?
There's no such thing as stable)

   Count carbs, give insulin. Eat dinner.

  Check blood sugar. Snack if needed.

 Go to bed.

 **Wake up**

 Do it all over again.

Only this time, it will be all be different.