

# Basal Rate

## TESTING SHEET

### MORNING

5 Hours Segment: \_\_\_\_\_ AM - \_\_\_\_\_ AM

	time	BG
starting		
1 hour later		
2 hours later		
3 hours later		
4 hours later		
5 hours later		

### AFTERNOON

5 Hours Segment: \_\_\_\_\_ AM - \_\_\_\_\_ PM

	time	BG
starting		
1 hour later		
2 hours later		
3 hours later		
4 hours later		
5 hours later		

### EVENING

5 Hours Segment: \_\_\_\_\_ PM - \_\_\_\_\_ PM

	time	BG
starting		
1 hour later		
2 hours later		
3 hours later		
4 hours later		
5 hours later		

### OVERNIGHT

9 Hours Segment: \_\_\_\_\_ PM - \_\_\_\_\_ AM

	time	BG
starting		
3 hour later		
6 hours later		
9 hours later		

### ADJUSTMENTS

- If BG rises 50mg/dL increase basal by 10%
- If BG rises 100mg/dL increase basal by 20%
- If BG drops 50mg/dL decrease basal by 10%
- If BG drops 100mg/dL decrease basal by 20%