



DOSE PLAN AND TREATMENT TRACKER

Tracking and managing your dose

While your doctor will initiate a starting dose, that dose may gradually change until you arrive at the right daily amount. Use this **Dose Plan** and **Treatment Tracker** to help you mark your progress as your healthcare provider makes adjustments, as needed.



My Dose Plan:

Fill this out with your healthcare provider to get started.

Medication:

Starting Dose:

Adjust by unit[s]

every day[s] until fasting blood sugar levels (before breakfast) reach target

of mg/dL

If you have any questions or concerns, contact your healthcare provider.

My Treatment Tracker:

Keep track of dose adjustments and progress [as directed by my physician]

Date	Dose [units/day]	Fasting blood sugar level <small>(if not yet at target, continue to follow adjustment schedule as directed by your physician)</small>

