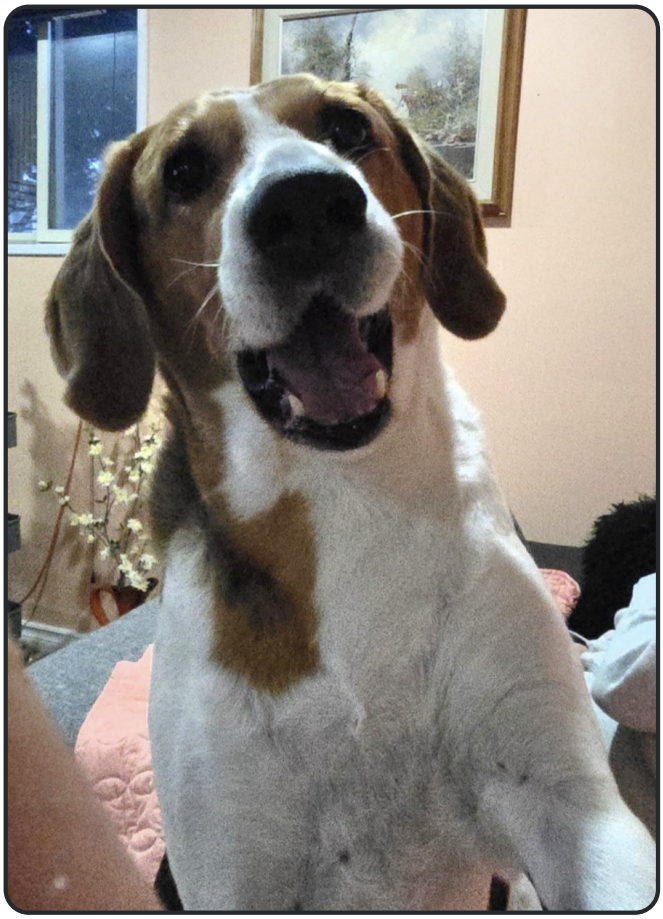
Diabetic Dog Care Journal



Courtesy from Toby

since 2018

November 2026 – December 2027

This journal belongs to: _____

Dog's name: _____

Diagnosed on: _____

A home record to bring to every vet visit. It supports, and never replaces, your veterinarian's instructions.

Contents

QUICK ACCESS

My dog's care card | EMERGENCY | When to call the vet

CALENDAR

tap a month or a day

Nov 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Dec 2026

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Jan 2027

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Feb 2027

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Mar 2027

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Apr 2027

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2027

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jun 2027

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Jul 2027

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Aug 2027

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sep 2027

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Oct 2027

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Nov 2027

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Dec 2027

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

THE GUIDE

1 How to use this journal
2 The golden rules
3 The daily rhythm
4 Feeding & treats
5 Giving insulin safely
6 If he won't eat / missed doses
7 Low blood sugar in depth
8 After DKA: watching for relapse
9 When to call the vet
10 Glucose monitoring & curves
11 How to sketch a curve
12 Exercise
13 Eyes & the long term
14 Emergency kit checklist
15 Your first 7 days

OTHER LOGS

Glucose curves | Units chart | Weight log | Vet visits
Incident log | Supplies | Notes | Stickers

My dog's care card

fill in with your vet

Dog

Name: _____ **Age:** _____

Breed: _____ **Weight:** _____

Other conditions / meds: _____

Insulin

Insulin name: _____

Strength: ☐ U-40 ☐ U-100

Syringe / pen: ☐ U-40 syringe ☐ U-100 syringe ☐ Pen

AM dose: _____ **PM dose:** _____

Injection times: _____

Mix by: ☐ Shaking ☐ Gentle rolling ☐ (per label)

If he eats less than _____ **of a meal, I:** _____

Food

Food / brand: _____

Amount per meal: _____ **Meal times:** _____

Approved treats & amount: _____

Glucose

Meter units: ☐ mmol/L ☐ mg/dL

Target range from vet: _____

Call the vet if below: _____ **or above:** _____

Contacts

Vet clinic: _____

Phone: _____

24 h emergency hospital: _____

Phone / address: _____

Pharmacy / supplies: _____

EMERGENCY

Low blood sugar (hypoglycemia)

usually hours after insulin

Signs: unusual sleepiness, weakness, wobbling, trembling or twitching, confusion or "not himself", not responding to you, seizure, collapse.

1. Conscious and able to swallow: offer his normal food.

2. Won't eat or is weak: rub about a tablespoon of corn syrup or honey onto his gums. It absorbs through the gums; he doesn't need to swallow.

3. Seizing or unconscious: rub a *small* amount on the gums only. **Never pour liquid into the mouth** (choking risk). Keep fingers out of a seizing dog's mouth.

4. Call the vet or emergency hospital **right away** and head in, even if he perks up.

5. Don't give the next insulin dose until a vet tells you what to do.

Diabetic ketoacidosis (DKA)

he has had this before

Go in the same day if you see: vomiting, refusing food, marked lethargy or weakness, big jump in drinking or peeing, fast or laboured breathing, or a sweet/acetone smell on the breath. DKA needs hospital treatment.

Insulin mistakes

Gave a double dose / too much: call the vet now; feed him and watch closely for low-sugar signs.

Not sure if he got his dose: do NOT give another. Skip it, call the vet.

Numbers

Vet: _____

Emergency hospital: _____

Mood stickers

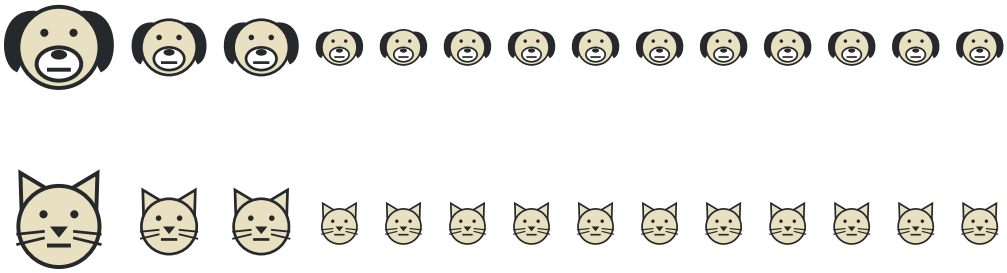
dog & cat

Use them to mark how his day went on the month calendar. Copy one with the tablet's selection tool, or trace it with your pen. The small size fits a calendar day.

Happy



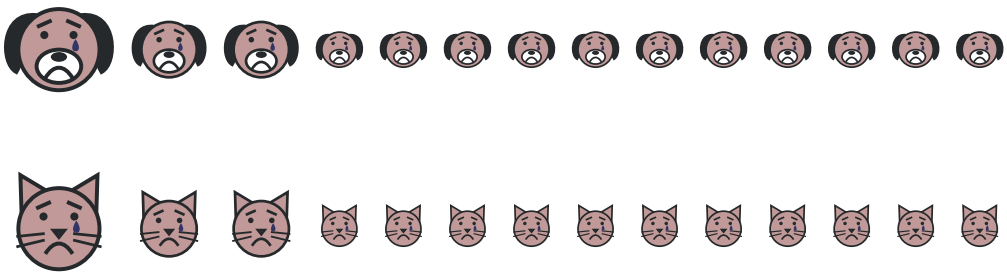
Normal



Not so happy



Sad



How to use this journal

Your dog has diabetes and has already come through diabetic ketoacidosis (DKA), so you know how fast things can change. The good news: most diabetic dogs do well at home once the routine is steady. This journal makes the routine visible, so you, everyone else in the house, and your vet can all see the same picture.

- **Fill in the care card first**, with your vet if possible. Dose, insulin type and target numbers always come from your vet, never from this book.
- **Log every meal and every injection** on the week page. Write who gave it. This one habit prevents the most common home mistake: a missed or doubled dose.
- **Do the weekly review** (after each Saturday) and take the journal (or your tablet) to every recheck.
- **Colours mean something:** **blue** insulin & care, **green** daily wellness & calendar, **purple** glucose, **amber** call the vet, **red** emergency, **pink** vet visits, **yellow** weekly reviews.
- The calendar runs from November 2026 to December 2027. Tap any day to open its week page, where every day sits side by side so you can spot changes in his routine at a glance. Tap “daily check ▶” in a day’s Notes box for that day’s water, pee, energy, stool, ketones, treats, walks and a full page of notes.

About the guide you were given: it was checked against veterinary sources and is accurate. This version adds a few things it left out — matching syringes to insulin strength, injection-site rotation, what to do after a missed dose, relapse signs after DKA, and eye changes.

The golden rules

1. **Food first, then insulin.** Make sure he has eaten before you inject, at the same times every day.
2. **Never guess the dose.** Give exactly what the vet prescribed. Don't raise or lower it because one reading looks off.
3. **Never give a second dose "just in case".** If you're not sure whether he got it, skip it and call the vet. A missed dose is far safer than a double one.
4. **Match the syringe to the insulin.** U-40 insulin with U-40 syringes, U-100 with U-100. A mismatch gives 2.5 times too much or too little.
5. **Know the low-sugar signs by heart.** Weakness, wobbling, trembling, confusion, seizure. Syrup on the gums, then call.
6. **Keep life boring.** Same food, same amounts, same walk length. Big changes swing the sugar.
7. **Write it down.** Your notes help your vet adjust the dose safely.
8. **When in doubt, call.** Vets would much rather hear from you early.

The daily rhythm

Adjust the clock times to your vet's schedule. Most dogs on twice-daily insulin eat two equal meals about 12 hours apart, with the injection right after each meal.

Time	What to do
7:00 am	Check how he's acting. Serve breakfast and watch him eat.
Right after	Confirm how much he ate. Give insulin. Tick it off and initial it.
7:30 am	Calm walk and potty break.
Mid-day	Normal day. Low-sugar risk is often highest a few hours after insulin — glance at him.
Afternoon	Water and potty break. Note anything unusual.
5–6 pm	Walk or play at about the same effort as every other day.
7:00 pm	Dinner, confirm intake, insulin, tick it off.
Bedtime	Quick check: alert, walking normally, water available.

Feeding & treats

- Same food, same measured amount, same times. Use a measuring cup or kitchen scale — no free-feeding.
- There's no single "diabetic dog food". Your vet may suggest a therapeutic diet based on his weight and history (for example pancreatitis). Don't switch foods without asking first.
- Treats: ask your vet which ones and how many. A simple trick is to hold back a few kibbles from his measured meal and use those as treats.
- No table scraps, sweets, or sugary chews. Never anything with xylitol (some peanut butters, gum, baked goods) — it's toxic to dogs.
- If he's overweight, ask about a slow, vet-guided weight-loss plan; steady weight makes control easier.
- Make sure everyone in the house knows the treat rules.

Giving insulin safely

The syringe must match the insulin

Pet insulins come in two strengths. **U-40** (40 units per mL) includes Caninsulin/Vetsulin and ProZinc; **U-100** (100 units per mL) includes human insulins such as glargine. Use U-40 syringes with U-40 insulin and U-100 syringes with U-100 insulin. A human-pharmacy U-100 syringe used with Caninsulin gives the wrong dose. Check both labels every time you buy supplies.

Preparing

- Mix exactly as the label says: Caninsulin/Vetsulin is shaken; some other insulins are gently rolled. Write yours on the care card.
- Check the expiry date and the date you opened the vial. Don't use it if it looks different from normal.
- Draw up the dose at eye level and check for big air bubbles.

Injecting

- Inject under the loose skin, usually along the shoulders or sides. Your vet will show you.
- **Rotate sites** (left shoulder, right shoulder, left side, right side) so one spot doesn't get tough and absorb poorly. The week page has a row for this.
- Wet fur afterwards may mean the dose went onto the coat (a "fur shot"). Treat it like a missed dose — don't repeat it.
- One syringe, one injection. Put used needles in a sharps container (ask your vet or pharmacy).

Storage

Most pet insulins live in the fridge (about 2–8 °C), standing up, away from the freezer section. Never freeze or leave it in a hot car or in sunlight. Follow your product's label.

If he won't eat / missed doses

He won't eat, or eats much less

Insulin keeps lowering blood sugar even without food, so **don't give the full dose on an empty stomach**. Many vets use a rule such as "full dose only if he eats at least half the meal" — ask yours for their rule and write it on the care card. Then call the vet the same day; poor appetite can also be an early sign of DKA or another illness. Two skipped meals in a row needs a vet visit.

Vomited after his insulin

Call the vet. Watch closely for low-sugar signs and keep syrup ready.

Missed a dose or not sure

- Don't double up, and don't give extra to "catch up".
- Not sure if he had it? Assume he did: skip it.
- Call the vet for advice. If you can't reach them and he's eating and acting normally, the usual guidance is to give the normal dose at the next scheduled time.
- A single missed dose usually just means higher sugar and more drinking for a while — much less dangerous than a double dose.

Low blood sugar in depth

Hypoglycemia is the emergency to memorise. It usually happens when there's too much insulin for the food eaten: a double dose, a skipped or vomited meal, an unusually long or hard walk, or the dose becoming too high as his needs change.

Early signs

- Sleepier or quieter than normal; weak or wobbly; trembling or twitching; confused or "not himself"; not responding to you.

Severe signs

- Seizure, collapse, unconsciousness. This can be fatal without treatment.

What to do

- If he can eat: offer food. If he won't or can't: rub about a tablespoon of corn syrup or honey on his gums. It absorbs through the gums.
- If he's seizing or unconscious: a small amount rubbed on the gums only — never pour liquid into the mouth.
- Call the vet or emergency hospital immediately and head in, even if he recovers. The cause needs to be found and the dose adjusted.
- Write it in the incident log afterwards.

Tip: keep a small bottle of corn syrup in the emergency kit and one wherever you walk him.

After DKA: watching for relapse

DKA happens when the body doesn't have enough insulin and starts burning fat for fuel, producing ketones that make the blood acidic. It's very serious, and dogs who've had it can get it again — often triggered by an infection, pancreatitis, missed insulin, or another illness.

Go to the vet the same day if you see

- Vomiting, or refusing food
- Marked tiredness or weakness
- A big jump in drinking or peeing
- Fast, deep or laboured breathing
- A sweet or nail-polish (acetone) smell on his breath
- Dehydration (dry, tacky gums)

Ketone strips

Ask your vet whether you should keep urine ketone strips at home, and what result should trigger a call. Any positive ketones in a dog who's also unwell is a reason to go in.

When to call the vet

RED — emergency, go now

- Seizure, collapse, unconscious
- Severe weakness or wobbling, especially after insulin
- Vomiting with lethargy or not eating
- Trouble breathing
- Too much insulin given (double dose, wrong syringe)

ORANGE — call your vet today

- Skipped a meal, or appetite clearly down
- Drinking or peeing noticeably more
- Unexplained weight loss
- Vomiting or diarrhea more than once
- Unusually tired
- Missed or uncertain dose
- Glucose repeatedly outside the vet's range, or any low reading
- Straining or blood when peeing (urinary infections are common in diabetic dogs)
- Eyes turning cloudy, bumping into things, or a red or squinting eye

GREEN — mention at the next recheck

- Small day-to-day ups and downs
- Questions about treats, food, exercise
- Supply and refill planning

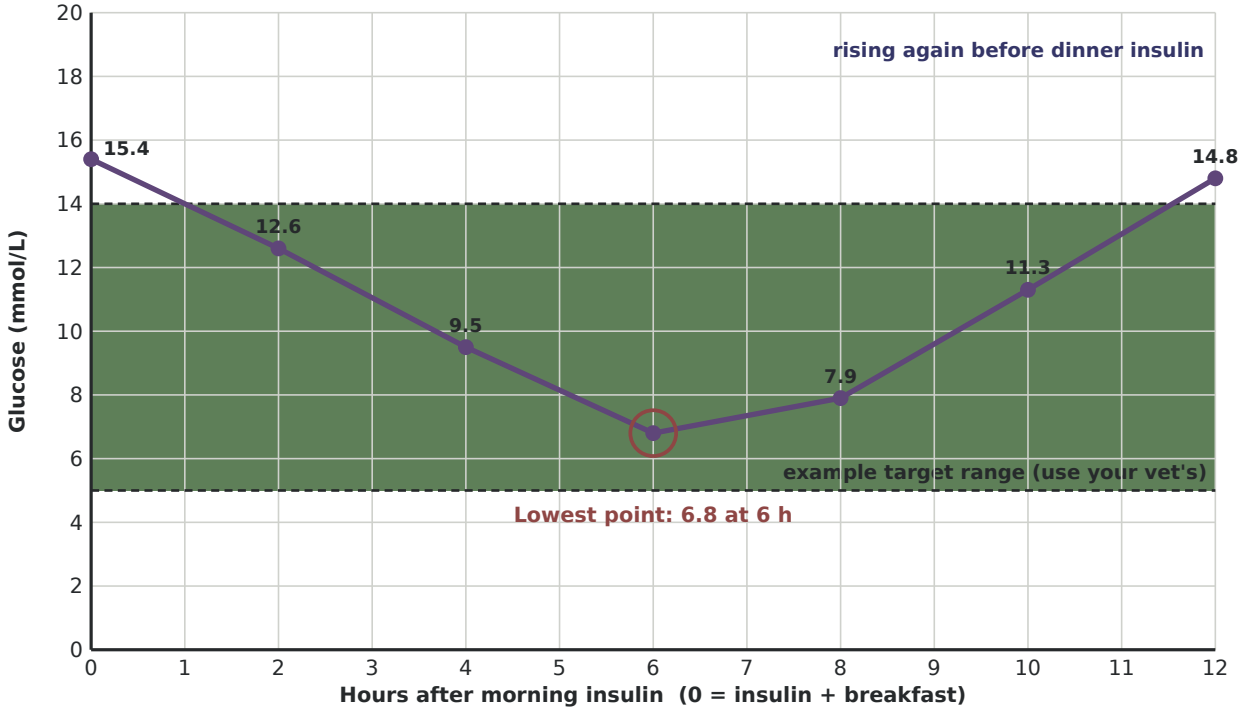
Glucose monitoring & curves

- Your vet may check a **glucose curve**: readings every 1–2 hours over about 12 hours, to see how the insulin works across the day. Only do this at home if your vet has shown you how and asked for it. Use the curve sheets in this journal.
- Use a meter validated for pets if your vet recommends one; human meters can read differently.
- Some dogs wear a **continuous glucose monitor** (a small sensor on the skin) for a week or two, which shows the full pattern.
- Your vet may also run a **fructosamine** test, which shows average control over the past couple of weeks.
- **Don't change the dose from one reading.** The vet interprets the pattern together with thirst, appetite, weight and energy.
- Canadian meters usually show mmol/L; US meters show mg/dL (1 mmol/L is about 18 mg/dL). Note your units on the care card, and use the glucose units chart to convert.

During the first weeks, the dose is often adjusted several times. Frequent rechecks are normal and a good sign.

How to sketch a curve

Use the grid under the table on each glucose curve page. Here is a worked example (the numbers are made up, just to show the method).



1. **Time across.** Write 0 at the bottom-left for the morning injection, then 1 to 12 along the bottom. Each column is one hour.
2. **Glucose up.** Let each square be 2 mmol/L, starting at 0 (or 40 mg/dL per square if your meter uses mg/dL).
3. **Target range.** Draw two lines at your vet's low and high limits from the care card, and lightly shade between them.
4. **Plot and join.** Put a dot for each reading from the table, then join the dots from left to right.
5. **Mark the lowest point.** Circle it and write the value and time. Your vet uses it to judge whether the dose is right.
6. **Note the rise.** Where the line climbs back up shows how long the insulin lasts.

Don't change the dose from the shape yourself; take the page to your vet.

Exercise

- Exercise lowers blood sugar, so keep it **predictable**: similar walks at similar times every day.
- Avoid swings: couch on Monday, 90-minute hike on Tuesday, couch on Wednesday.
- If you plan an unusually long or hard outing, ask your vet first, bring syrup and water, and watch for low-sugar signs.
- Avoid strenuous exercise in the few hours when his sugar is usually lowest (your curve will show when that is).

Eyes & the long term

Cataracts

Cataracts are very common in diabetic dogs and can appear quickly — often within the first year — even when the diabetes is well controlled. Watch for cloudy eyes, bumping into things, or hesitation on stairs or in the dark. Ask your vet about a check with a veterinary ophthalmologist; surgery can restore sight in suitable dogs, and a red, painful or squinting eye needs prompt attention.

Other things to keep an eye on

- Urinary infections (more peeing, straining, accidents)
- Skin infections and slow-healing wounds
- Dental health — infections can make diabetes harder to control
- Any new illness or medication (for example steroids) can change his insulin needs — tell the vet.

Living well

With steady routines and regular rechecks, many diabetic dogs live a happy, active life for years. It gets easier: after a few weeks the routine becomes second nature.

Emergency kit checklist

Keep one box in one known place. Check it monthly.

- ☐ Insulin (and how to keep it cool when travelling)
- ☐ Correct syringes (U-40 or U-100) + spares
- ☐ Sharps container
- ☐ Glucose meter, strips, lancets (if prescribed)
- ☐ Urine ketone strips (if your vet recommends)
- ☐ Corn syrup or honey for lows
- ☐ A few days of his normal food + measuring cup
- ☐ Water and a bowl
- ☐ Spare leash and collar
- ☐ Copy of the care card and emergency page
- ☐ Vet and 24 h emergency hospital numbers
- ☐ List of all medications
- ☐ His current weight
- ☐ Small cooler / insulated bag
- ☐ Pen and this journal

Your first 7 days

- **Day 1 — Baseline.** Fill in the care card. Photograph the insulin label. Start the week page (meal times, food eaten, insulin time, dose and site) and each day’s daily check (water, pee, energy, stool).
- **Day 2 — Lock in the routine.** Same food, amounts, times and walk length. No new treats.
- **Day 3 — Watch the patterns.** Thirst, peeing, appetite, energy. Is he drinking less than before treatment? That's a good sign.
- **Day 4 — Glucose.** If your vet asked for home testing, follow their schedule on a curve sheet. Don't change the dose from one number.
- **Day 5 — Exercise check.** Two calm walks of similar length (for example 15–20 min each), adjusted to his age and fitness.
- **Day 6 — Treat audit.** Remove random snacks. Use kibble from his measured meal as treats. Brief the whole household.
- **Day 7 — Review.** Fill in the weekly review page and note questions for your vet. Weigh him on the same scale.

When in doubt about insulin, food or low blood sugar: call the vet. Don't improvise the dose.

November 2026

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	Review
8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	Review
15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	Review
22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	Review
29 AM ☐ PM ☐	30 AM ☐ PM ☐						Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 1 Nov – 4 Nov 2026 (1/2)

Nov Review ▶

	Nov 2026	Sun 1	Mon 2	Tue 3	Wed 4
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 5 Nov – 7 Nov 2026 (2/2)

	Nov 2026	Thu 5	Fri 6	Sat 7
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 1 Nov – 7 Nov 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 1 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 2 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 3 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 4 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 5 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 6 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 7 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 8 Nov – 11 Nov 2026 (1/2)

	Nov 2026	Sun 8	Mon 9	Tue 10	Wed 11
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 12 Nov – 14 Nov 2026 (2/2) ◀ Nov Review ▶

	Nov 2026	Thu 12	Fri 13	Sat 14
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 8 Nov – 14 Nov 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 8 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 9 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 12 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 14 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 15 Nov – 18 Nov 2026 (1/2) ◀ Nov Review ▶

	Nov 2026	Sun 15	Mon 16	Tue 17	Wed 18
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 19 Nov – 21 Nov 2026 (2/2) ◀ Nov Review ▶

	Nov 2026	Thu 19	Fri 20	Sat 21
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 15 Nov – 21 Nov 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 15 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 16 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 17 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 18 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 19 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 20 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 21 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 22 Nov – 25 Nov 2026 (1/2) ◀ Nov Review ▶

Nov 2026		Sun 22	Mon 23	Tue 24	Wed 25
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 26 Nov – 28 Nov 2026 (2/2) ◀ Nov Review ▶

	Nov 2026	Thu 26	Fri 27	Sat 28
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 22 Nov – 28 Nov 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 22 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 23 November 2026

◀ Week ▶

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 24 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 25 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 26 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 27 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 28 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 29 Nov – 2 Dec 2026 (1/2)

	Nov 2026	Sun 29	Mon 30	Tue 1	Wed 2
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 3 Dec – 5 Dec 2026 (2/2)

	Dec 2026	Thu 3	Fri 4	Sat 5
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 29 Nov – 5 Dec 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 29 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 30 November 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 1 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 2 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 3 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 4 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 5 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

December 2026

◀ Stickers Year ▶

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
		1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	Review
6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	Review
13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	Review
20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	Review
27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	31 AM ☐ PM ☐			Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 6 Dec – 9 Dec 2026 (1/2)

	Dec 2026	Sun 6	Mon 7	Tue 8	Wed 9
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 10 Dec – 12 Dec 2026 (2/2) ◀ Dec Review ▶

	Dec 2026	Thu 10	Fri 11	Sat 12
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 6 Dec – 12 Dec 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 6 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 7 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 8 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 9 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 10 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 11 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 12 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 13 Dec – 16 Dec 2026 (1/2) ◀ Dec Review ▶

	Dec 2026	Sun 13	Mon 14	Tue 15	Wed 16
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 17 Dec – 19 Dec 2026 (2/2) ◀ Dec Review ▶

	Dec 2026	Thu 17	Fri 18	Sat 19
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 13 Dec – 19 Dec 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 13 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 14 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 16 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 18 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 19 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 20 Dec – 23 Dec 2026 (1/2) ◀ Dec Review ▶

	Dec 2026	Sun 20	Mon 21	Tue 22	Wed 23
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 24 Dec – 26 Dec 2026 (2/2) ◀ Dec Review ▶

	Dec 2026	Thu 24	Fri 25	Sat 26
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 20 Dec – 26 Dec 2026

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 20 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 21 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 22 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 23 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 24 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 25 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 26 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 27 Dec – 30 Dec 2026 (1/2) ◀ Dec Review ▶

Dec 2026		Sun 27	Mon 28	Tue 29	Wed 30
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 31 Dec – 2 Jan 2027 (2/2)

	Dec 2026	Thu 31	Fri 1	Sat 2
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 27 Dec – 2 Jan 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 27 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 28 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 29 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 30 December 2026

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 1 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 2 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

January 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
					1 AM ☐ PM ☐	2 AM ☐ PM ☐	Review
3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	Review
10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	Review
17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	Review
24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	Review
31 AM ☐ PM ☐							Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 3 Jan – 6 Jan 2027 (1/2)

	Jan 2027	Sun 3	Mon 4	Tue 5	Wed 6
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jan 2027	Thu 7	Fri 8	Sat 9
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 3 Jan – 9 Jan 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 3 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 4 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 6 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 9 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 10 Jan – 13 Jan 2027 (1/2)

	Jan 2027	Sun 10	Mon 11	Tue 12	Wed 13
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jan 2027	Thu 14	Fri 15	Sat 16
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 10 Jan – 16 Jan 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 10 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 11 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 12 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 13 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 15 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 16 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 17 Jan – 20 Jan 2027 (1/2)

	Jan 2027	Sun 17	Mon 18	Tue 19	Wed 20
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jan 2027	Thu 21	Fri 22	Sat 23
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 17 Jan – 23 Jan 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 18 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 19 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 20 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 21 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 22 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 23 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 24 Jan – 27 Jan 2027 (1/2)

	Jan 2027	Sun 24	Mon 25	Tue 26	Wed 27
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jan 2027	Thu 28	Fri 29	Sat 30
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 24 Jan – 30 Jan 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 25 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 26 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 27 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 28 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 29 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 30 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

	Jan 2027	Sun 31	Mon 1	Tue 2	Wed 3
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Feb 2027	Thu 4	Fri 5	Sat 6
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 31 Jan – 6 Feb 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 31 January 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 1 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 3 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 4 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 5 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 6 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

February 2027

◀ Stickers Year ▶

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
	1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	Review
7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	Review
14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	Review
21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	Review
28 AM ☐ PM ☐							Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 7 Feb – 10 Feb 2027 (1/2)

Feb 2027		Sun 7	Mon 8	Tue 9	Wed 10
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 11 Feb – 13 Feb 2027 (2/2) ◀ Feb Review ▶

	Feb 2027	Thu 11	Fri 12	Sat 13
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 7 Feb – 13 Feb 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 8 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 9 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 11 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 13 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 14 Feb – 17 Feb 2027 (1/2) ◀ Feb Review ▶

	Feb 2027	Sun 14	Mon 15	Tue 16	Wed 17
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Feb 2027	Thu 18	Fri 19	Sat 20
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 14 Feb – 20 Feb 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 14 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 15 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 16 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 17 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 18 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 19 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 20 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 21 Feb – 24 Feb 2027 (1/2) ◀ Feb Review ▶

Feb 2027		Sun 21	Mon 22	Tue 23	Wed 24
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 25 Feb – 27 Feb 2027 (2/2) ◀ Feb Review ▶

	Feb 2027	Thu 25	Fri 26	Sat 27
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 21 Feb – 27 Feb 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 21 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 22 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 24 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 25 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 26 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 27 February 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 28 Feb – 3 Mar 2027 (1/2)

	Feb 2027	Sun 28	Mon 1	Tue 2	Wed 3
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 4 Mar – 6 Mar 2027 (2/2)

	Mar 2027	Thu 4	Fri 5	Sat 6
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 28 Feb – 6 Mar 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 1 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 2 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 3 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 4 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 6 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

March 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
	1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	Review
7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	Review
14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	Review
21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	Review
28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	31 AM ☐ PM ☐				Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 7 Mar – 10 Mar 2027 (1/2)

	Mar 2027	Sun 7	Mon 8	Tue 9	Wed 10
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Mar 2027	Thu 11	Fri 12	Sat 13
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 7 Mar – 13 Mar 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 7 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 8 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 9 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 10 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 12 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 13 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 14 Mar – 17 Mar 2027 (1/2) ◀ Mar Review ▶

	Mar 2027	Sun 14	Mon 15	Tue 16	Wed 17
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Mar 2027	Thu 18	Fri 19	Sat 20
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 14 Mar – 20 Mar 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 14 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 15 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 17 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 18 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 19 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 20 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 21 Mar – 24 Mar 2027 (1/2) ◀ Mar Review ▶

	Mar 2027	Sun 21	Mon 22	Tue 23	Wed 24
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 25 Mar – 27 Mar 2027 (2/2) ◀ Mar Review ▶

	Mar 2027	Thu 25	Fri 26	Sat 27
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 21 Mar – 27 Mar 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 22 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 25 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 26 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 27 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 28 Mar – 31 Mar 2027 (1/2) ◀ Mar Review ▶

	Mar 2027	Sun 28	Mon 29	Tue 30	Wed 31
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Apr 2027	Thu 1	Fri 2	Sat 3
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 28 Mar – 3 Apr 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 28 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 29 March 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 1 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 2 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 3 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

April 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
				1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	Review
4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	Review
11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	Review
18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	Review
25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐		Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 4 Apr – 7 Apr 2027 (1/2)

Apr 2027		Sun 4	Mon 5	Tue 6	Wed 7
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Apr 2027	Thu 8	Fri 9	Sat 10
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 4 Apr – 10 Apr 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 4 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 5 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 6 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 8 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 9 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 10 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 11 Apr – 14 Apr 2027 (1/2)

	Apr 2027	Sun 11	Mon 12	Tue 13	Wed 14
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Apr 2027	Thu 15	Fri 16	Sat 17
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 11 Apr – 17 Apr 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 11 April 2027

◀ Week ▶

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 12 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 13 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 14 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 15 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 16 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 17 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 18 Apr – 21 Apr 2027 (1/2)

	Apr 2027	Sun 18	Mon 19	Tue 20	Wed 21
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Apr 2027	Thu 22	Fri 23	Sat 24
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 18 Apr – 24 Apr 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 18 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 19 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 20 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 21 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 22 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 23 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 24 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 25 Apr – 28 Apr 2027 (1/2)

	Apr 2027	Sun 25	Mon 26	Tue 27	Wed 28
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 29 Apr – 1 May 2027 (2/2)

	Apr 2027	Thu 29	Fri 30	Sat 1
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 25 Apr – 1 May 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 25 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 26 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 27 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 28 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 29 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 30 April 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 1 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

May 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
						1 AM ☐ PM ☐	Review
2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	Review
9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	Review
16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	Review
23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	Review
30 AM ☐ PM ☐	31 AM ☐ PM ☐						Review

Weight this month: _____ **Vet visits:** _____

Month notes

May 2027	Sun 2	Mon 3	Tue 4	Wed 5
MORNING Meal				
MORNING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
MORNING Insulin info				
MORNING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
MORNING Glucose				
EVENING Meal				
EVENING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
EVENING Insulin info				
EVENING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
EVENING Glucose				
DAILY Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	May 2027	Thu 6	Fri 7	Sat 8
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 2 May – 8 May 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 2 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 3 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 4 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 5 May 2027

◀ Week ▶

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 6 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 8 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 9 May – 12 May 2027 (1/2)

	May 2027	Sun 9	Mon 10	Tue 11	Wed 12
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

May 2027		Thu 13	Fri 14	Sat 15
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 9 May – 15 May 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 10 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 11 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 12 May 2027

◀ Week ▶

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 13 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 14 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 15 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

	May 2027	Sun 16	Mon 17	Tue 18	Wed 19
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 20 May – 22 May 2027 (2/2) ◀ May Review ▶

	May 2027	Thu 20	Fri 21	Sat 22
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 16 May – 22 May 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 16 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 17 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 19 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 22 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 23 May – 26 May 2027 (1/2) ◀ May Review ▶

	May 2027	Sun 23	Mon 24	Tue 25	Wed 26
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	May 2027	Thu 27	Fri 28	Sat 29
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 23 May – 29 May 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 23 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 24 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 25 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 28 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 30 May – 2 Jun 2027 (1/2)

May 2027	Sun 30	Mon 31	Tue 1	Wed 2
MORNING Meal				
MORNING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
MORNING Insulin info				
MORNING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
MORNING Glucose				
EVENING Meal				
EVENING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
EVENING Insulin info				
EVENING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
EVENING Glucose				
DAILY Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jun 2027	Thu 3	Fri 4	Sat 5
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 30 May – 5 Jun 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 30 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 31 May 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 1 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 4 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 5 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

June 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
		1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	Review
6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	Review
13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	Review
20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	Review
27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐				Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 6 Jun – 9 Jun 2027 (1/2)

	Jun 2027	Sun 6	Mon 7	Tue 8	Wed 9
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 10 Jun – 12 Jun 2027 (2/2)

	Jun 2027	Thu 10	Fri 11	Sat 12
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 6 Jun – 12 Jun 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 6 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 7 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 9 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 10 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 13 Jun – 16 Jun 2027 (1/2)

	Jun 2027	Sun 13	Mon 14	Tue 15	Wed 16
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jun 2027	Thu 17	Fri 18	Sat 19
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 13 Jun – 19 Jun 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 13 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 14 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 15 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 16 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 18 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 20 Jun – 23 Jun 2027 (1/2)

	Jun 2027	Sun 20	Mon 21	Tue 22	Wed 23
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 24 Jun – 26 Jun 2027 (2/2)

	Jun 2027	Thu 24	Fri 25	Sat 26
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 20 Jun – 26 Jun 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 20 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 21 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 22 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 23 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 24 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 25 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 27 Jun – 30 Jun 2027 (1/2)

	Jun 2027	Sun 27	Mon 28	Tue 29	Wed 30
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jul 2027	Thu 1	Fri 2	Sat 3
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 27 Jun – 3 Jul 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 28 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 30 June 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 1 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 3 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

July 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
				1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	Review
4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	Review
11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	Review
18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	Review
25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	31 AM ☐ PM ☐	Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 4 Jul – 7 Jul 2027 (1/2)

	Jul 2027	Sun 4	Mon 5	Tue 6	Wed 7
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jul 2027	Thu 8	Fri 9	Sat 10
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 4 Jul – 10 Jul 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 5 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 6 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 8 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 10 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 11 Jul – 14 Jul 2027 (1/2)

	Jul 2027	Sun 11	Mon 12	Tue 13	Wed 14
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 15 Jul – 17 Jul 2027 (2/2)

	Jul 2027	Thu 15	Fri 16	Sat 17
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 11 Jul – 17 Jul 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 11 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 12 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 13 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 14 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 15 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 18 Jul – 21 Jul 2027 (1/2)

	Jul 2027	Sun 18	Mon 19	Tue 20	Wed 21
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Jul 2027	Thu 22	Fri 23	Sat 24
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 18 Jul – 24 Jul 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 18 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 19 July 2027

◀ Week ▶

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 20 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 21 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 23 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 24 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 25 Jul – 28 Jul 2027 (1/2)

	Jul 2027	Sun 25	Mon 26	Tue 27	Wed 28
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 29 Jul – 31 Jul 2027 (2/2)

	Jul 2027	Thu 29	Fri 30	Sat 31
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 25 Jul – 31 Jul 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 25 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 26 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 27 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 28 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 30 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 31 July 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

August 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	Review
8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	Review
15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	Review
22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	Review
29 AM ☐ PM ☐	30 AM ☐ PM ☐	31 AM ☐ PM ☐					Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 1 Aug – 4 Aug 2027 (1/2)

	Aug 2027	Sun 1	Mon 2	Tue 3	Wed 4
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 5 Aug – 7 Aug 2027 (2/2)

Aug 2027		Thu 5	Fri 6	Sat 7
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 1 Aug – 7 Aug 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 1 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 2 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 4 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 6 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 7 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 8 Aug – 11 Aug 2027 (1/2)

	Aug 2027	Sun 8	Mon 9	Tue 10	Wed 11
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 12 Aug – 14 Aug 2027 (2/2) ◀ Aug Review ▶

	Aug 2027	Thu 12	Fri 13	Sat 14
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 8 Aug – 14 Aug 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 8 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 9 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 11 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 13 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 14 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 15 Aug – 18 Aug 2027 (1/2) ◀ Aug Review ▶

Aug 2027	Sun 15	Mon 16	Tue 17	Wed 18
MORNING Meal				
MORNING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
MORNING Insulin info				
MORNING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
MORNING Glucose				
EVENING Meal				
EVENING Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
EVENING Insulin info				
EVENING Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
EVENING Glucose				
DAILY Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 19 Aug – 21 Aug 2027 (2/2) ◀ Aug Review ▶

	Aug 2027	Thu 19	Fri 20	Sat 21
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 15 Aug – 21 Aug 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 15 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 18 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 20 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 21 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 22 Aug – 25 Aug 2027 (1/2) ◄ Aug Review ►

	Aug 2027	Sun 22	Mon 23	Tue 24	Wed 25
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Aug 2027	Thu 26	Fri 27	Sat 28
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 22 Aug – 28 Aug 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 23 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 27 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 28 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 29 Aug – 1 Sep 2027 (1/2)

	Aug 2027	Sun 29	Mon 30	Tue 31	Wed 1
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 2 Sep – 4 Sep 2027 (2/2)

Sep 2027		Thu 2	Fri 3	Sat 4
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 29 Aug – 4 Sep 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 29 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 30 August 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 1 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 2 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 3 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 4 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

September 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
			1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	Review
5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	Review
12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	Review
19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	Review
26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐			Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 5 Sep – 8 Sep 2027 (1/2)

Sep 2027		Sun 5	Mon 6	Tue 7	Wed 8
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Sep 2027	Thu 9	Fri 10	Sat 11
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 5 Sep – 11 Sep 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 5 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 6 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 7 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 9 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 10 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 12 Sep – 15 Sep 2027 (1/2) ◀ Sep Review ▶

	Sep 2027	Sun 12	Mon 13	Tue 14	Wed 15
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 16 Sep – 18 Sep 2027 (2/2)

	Sep 2027	Thu 16	Fri 17	Sat 18
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 12 Sep – 18 Sep 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 12 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 13 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 14 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 16 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 17 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 18 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 19 Sep – 22 Sep 2027 (1/2) ◀ Sep Review ▶

	Sep 2027	Sun 19	Mon 20	Tue 21	Wed 22
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 23 Sep – 25 Sep 2027 (2/2) ◀ Sep Review ▶

	Sep 2027	Thu 23	Fri 24	Sat 25
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 19 Sep – 25 Sep 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 20 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 22 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 24 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 25 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 26 Sep – 29 Sep 2027 (1/2) ◀ Sep Review ▶

	Sep 2027	Sun 26	Mon 27	Tue 28	Wed 29
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Sep 2027	Thu 30	Fri 1	Sat 2
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 26 Sep – 2 Oct 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 26 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 27 September 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 2 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

October 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
					1 AM ☐ PM ☐	2 AM ☐ PM ☐	Review
3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	Review
10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	Review
17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	Review
24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	Review
31 AM ☐ PM ☐							Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 3 Oct – 6 Oct 2027 (1/2)

	Oct 2027	Sun 3	Mon 4	Tue 5	Wed 6
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 7 Oct – 9 Oct 2027 (2/2)

Oct 2027		Thu 7	Fri 8	Sat 9
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 3 Oct – 9 Oct 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 3 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 4 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 5 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 7 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 8 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 9 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 10 Oct – 13 Oct 2027 (1/2)

	Oct 2027	Sun 10	Mon 11	Tue 12	Wed 13
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 14 Oct – 16 Oct 2027 (2/2)

	Oct 2027	Thu 14	Fri 15	Sat 16
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 10 Oct – 16 Oct 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 10 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 11 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 13 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 15 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 16 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

	Oct 2027	Sun 17	Mon 18	Tue 19	Wed 20
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Oct 2027	Thu 21	Fri 22	Sat 23
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 17 Oct – 23 Oct 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 17 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 18 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 20 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 21 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 22 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 24 Oct – 27 Oct 2027 (1/2)

	Oct 2027	Sun 24	Mon 25	Tue 26	Wed 27
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Oct 2027	Thu 28	Fri 29	Sat 30
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 24 Oct – 30 Oct 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 24 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 25 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 27 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 28 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 29 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 30 October 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 31 Oct – 3 Nov 2027 (1/2)

	Oct 2027	Sun 31	Mon 1	Tue 2	Wed 3
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 4 Nov – 6 Nov 2027 (2/2)

Nov 2027		Thu 4	Fri 5	Sat 6
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 31 Oct – 6 Nov 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 1 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 2 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 3 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 4 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 5 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 6 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

November 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
	1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	5 AM ☐ PM ☐	6 AM ☐ PM ☐	Review
7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	12 AM ☐ PM ☐	13 AM ☐ PM ☐	Review
14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	19 AM ☐ PM ☐	20 AM ☐ PM ☐	Review
21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	26 AM ☐ PM ☐	27 AM ☐ PM ☐	Review
28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐					Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 7 Nov – 10 Nov 2027 (1/2)

	Nov 2027	Sun 7	Mon 8	Tue 9	Wed 10
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 11 Nov – 13 Nov 2027 (2/2) ◀ Nov Review ▶

	Nov 2027	Thu 11	Fri 12	Sat 13
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 7 Nov – 13 Nov 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 8 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 9 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 11 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 12 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 13 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 14 Nov – 17 Nov 2027 (1/2) ◀ Nov Review ▶

	Nov 2027	Sun 14	Mon 15	Tue 16	Wed 17
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Nov 2027	Thu 18	Fri 19	Sat 20
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 14 Nov – 20 Nov 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 14 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 15 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 16 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 19 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 20 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 21 Nov – 24 Nov 2027 (1/2) ◀ Nov Review ▶

	Nov 2027	Sun 21	Mon 22	Tue 23	Wed 24
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

	Nov 2027	Thu 25	Fri 26	Sat 27
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 21 Nov – 27 Nov 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 21 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 22 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 26 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 27 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 28 Nov – 1 Dec 2027 (1/2)

	Nov 2027	Sun 28	Mon 29	Tue 30	Wed 1
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 2 Dec – 4 Dec 2027 (2/2)

	Dec 2027	Thu 2	Fri 3	Sat 4
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 28 Nov – 4 Dec 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 28 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 30 November 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 1 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 2 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 3 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 4 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

December 2027

Tap a date to open its week · tick AM / PM when insulin is given

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week
			1 AM ☐ PM ☐	2 AM ☐ PM ☐	3 AM ☐ PM ☐	4 AM ☐ PM ☐	Review
5 AM ☐ PM ☐	6 AM ☐ PM ☐	7 AM ☐ PM ☐	8 AM ☐ PM ☐	9 AM ☐ PM ☐	10 AM ☐ PM ☐	11 AM ☐ PM ☐	Review
12 AM ☐ PM ☐	13 AM ☐ PM ☐	14 AM ☐ PM ☐	15 AM ☐ PM ☐	16 AM ☐ PM ☐	17 AM ☐ PM ☐	18 AM ☐ PM ☐	Review
19 AM ☐ PM ☐	20 AM ☐ PM ☐	21 AM ☐ PM ☐	22 AM ☐ PM ☐	23 AM ☐ PM ☐	24 AM ☐ PM ☐	25 AM ☐ PM ☐	Review
26 AM ☐ PM ☐	27 AM ☐ PM ☐	28 AM ☐ PM ☐	29 AM ☐ PM ☐	30 AM ☐ PM ☐	31 AM ☐ PM ☐		Review

Weight this month: _____ **Vet visits:** _____

Month notes

Week 5 Dec – 8 Dec 2027 (1/2)

	Dec 2027	Sun 5	Mon 6	Tue 7	Wed 8
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 9 Dec – 11 Dec 2027 (2/2)

	Dec 2027	Thu 9	Fri 10	Sat 11
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 5 Dec – 11 Dec 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 5 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 6 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 7 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 8 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 10 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 11 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 12 Dec – 15 Dec 2027 (1/2) ◀ Dec Review ▶

	Dec 2027	Sun 12	Mon 13	Tue 14	Wed 15
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 16 Dec – 18 Dec 2027 (2/2) ◀ Dec Review ▶

	Dec 2027	Thu 16	Fri 17	Sat 18
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 12 Dec – 18 Dec 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 12 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 13 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Tuesday 14 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 15 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 16 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 17 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 18 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 19 Dec – 22 Dec 2027 (1/2) ◀ Dec Review ▶

	Dec 2027	Sun 19	Mon 20	Tue 21	Wed 22
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 23 Dec – 25 Dec 2027 (2/2)

	Dec 2027	Thu 23	Fri 24	Sat 25
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 19 Dec – 25 Dec 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 19 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 20 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 22 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 24 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Saturday 25 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Week 26 Dec – 29 Dec 2027 (1/2) ◀ Dec Review ▶

	Dec 2027	Sun 26	Mon 27	Tue 28	Wed 29
MORNING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
EVENING	Meal				
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0
	Insulin info				
	Site	LS RS LF RF	LS RS LF RF	LS RS LF RF	LS RS LF RF
	Glucose				
DAILY	Notes	daily check ▶	daily check ▶	daily check ▶	daily check ▶

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Week 30 Dec – 31 Dec 2027 (2/2)

	Dec 2027	Thu 30	Fri 31	Sat 1
MORNING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	
	Glucose			
EVENING	Meal			
	Ate	All ¾ ½ ¼ 0	All ¾ ½ ¼ 0	
	Insulin info			
	Site	LS RS LF RF	LS RS LF RF	
	Glucose			
DAILY	Notes	daily check ▶	daily check ▶	

Site: LS/RS left/right shoulder, **LF/RF** left/right flank · Glucose is optional · Water, pee, energy, stool, ketones, treats & walks: tap **daily check ▶**

Weekly review

Week of 26 Dec – 31 Dec 2027

Weight this week: _____ **Scale:** _____

This week

bring to the vet

Ate every meal?	☐ Yes	☐ No
Insulin given on time, every time?	☐ Yes	☐ No
Any missed or uncertain doses?	☐ Yes	☐ No
Thirst changed?	☐ Yes	☐ No
Peeing changed?	☐ Yes	☐ No
Energy normal?	☐ Yes	☐ No
Vomiting or diarrhea?	☐ Yes	☐ No
Any weakness, wobbling, trembling?	☐ Yes	☐ No
Glucose outside the vet's range?	☐ Yes	☐ No
Any positive ketones?	☐ Yes	☐ No
Eyes cloudy or bumping into things?	☐ Yes	☐ No

Questions for my vet

Wins this week

Sunday 26 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Monday 27 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Wednesday 29 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Thursday 30 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Friday 31 December 2027

Daily check

circle one

Water: ☐ Normal ☐ More ☐ Much more

Pee: ☐ Normal ☐ More ☐ Much more

Energy: ☐ Normal ☐ Tired ☐ Weak / wobbly

Stool: ☐ Normal ☐ Soft ☐ Diarrhea

Vomit: ☐ No ☐ Yes

Ketones: ☐ Negative ☐ Trace ☐ Small ☐ Moderate ☐ Large ☐ Not tested

Treats: _____ **Walks (min):** _____

Notes

☐ Normal day ☐ Something worried me ☐ Called the vet

Glucose curve 1

only when your vet asks

Date: _____ **Dose given:** _____

Meter units: _____ **Vet asked for:** _____

Time	Glucose	Food / insulin / how he seems

Sketch the curve (time across, glucose up) **How to sketch ▶**

Glucose curve 2

only when your vet asks

Date: _____ **Dose given:** _____

Meter units: _____ **Vet asked for:** _____

Time	Glucose	Food / insulin / how he seems

Sketch the curve (time across, glucose up) **How to sketch ▶**

Glucose curve 3

only when your vet asks

Date: _____ **Dose given:** _____

Meter units: _____ **Vet asked for:** _____

Time	Glucose	Food / insulin / how he seems

Sketch the curve (time across, glucose up) **How to sketch ▶**

Glucose curve 4

only when your vet asks

Date: _____ **Dose given:** _____

Meter units: _____ **Vet asked for:** _____

Time	Glucose	Food / insulin / how he seems

Sketch the curve (time across, glucose up) **How to sketch ▶**

Glucose units chart

USA ↔ Canada & Europe

mg/dL (USA) ↔ mmol/L (Canada & Europe)

mmol/L = mg/dL ÷ 18 · mg/dL = mmol/L × 18

mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L
20	1.1	**130**	7.2	**225**	12.5	**340**	18.9
30	1.7	**135**	7.5	**230**	12.8	**350**	19.4
40	2.2	**140**	7.8	**235**	13.0	**360**	20.0
50	2.8	**145**	8.0	**240**	13.3	**370**	20.5
55	3.1	**150**	8.3	**245**	13.6	**380**	21.1
60	3.3	**155**	8.6	**250**	13.9	**390**	21.6
65	3.6	**160**	8.9	**255**	14.2	**400**	22.2
70	3.9	**165**	9.2	**260**	14.4	**410**	22.8
75	4.2	**170**	9.4	**265**	14.7	**420**	23.3
80	4.4	**175**	9.7	**270**	15.0	**430**	23.9
85	4.7	**180**	10.0	**275**	15.3	**440**	24.4
90	5.0	**185**	10.3	**280**	15.5	**460**	25.5
95	5.3	**190**	10.5	**285**	15.8	**480**	26.6
100	5.6	**195**	10.8	**290**	16.1	**500**	27.8
105	5.8	**200**	11.1	**295**	16.4	**520**	28.9
110	6.1	**205**	11.4	**300**	16.7	**540**	30.0
115	6.4	**210**	11.7	**310**	17.2	**560**	31.1
120	6.7	**215**	11.9	**320**	17.8	**580**	32.2
125	6.9	**220**	12.2	**330**	18.3	**600**	33.3

Use this only to convert units. Your target range and when to call come from your vet, and are written on the care card.

Weight log

same scale each time

Date	Weight	Scale	Notes

Vet visit 1

Date: _____ **Vet:** _____

Reason: _____

Weight: _____ **Glucose / fructosamine:** _____

What the vet found

Changes (dose, food, schedule)

New AM dose: _____ **New PM dose:** _____

Starting on: _____

My questions & answers

Next recheck: _____

Vet visit 2

Date: _____ **Vet:** _____

Reason: _____

Weight: _____ **Glucose / fructosamine:** _____

What the vet found

Changes (dose, food, schedule)

New AM dose: _____ **New PM dose:** _____

Starting on: _____

My questions & answers

Next recheck: _____

Vet visit 3

Date: _____ **Vet:** _____

Reason: _____

Weight: _____ **Glucose / fructosamine:** _____

What the vet found

Changes (dose, food, schedule)

New AM dose: _____ **New PM dose:** _____

Starting on: _____

My questions & answers

Next recheck: _____

Vet visit 4

Date: _____ **Vet:** _____

Reason: _____

Weight: _____ **Glucose / fructosamine:** _____

What the vet found

Changes (dose, food, schedule)

New AM dose: _____ **New PM dose:** _____

Starting on: _____

My questions & answers

Next recheck: _____

Incident log

lows, missed doses, sick days

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Incident log

lows, missed doses, sick days

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Date / time: _____ **Glucose:** _____

What: ☐ Low signs ☐ Missed dose ☐ Not eating ☐ Vomiting ☐ Other

What I saw: _____

What I did: _____

Vet said: _____

Insulin & supplies

opened · discard · reorder

Item	Opened	Discard by	Reorder

Notes