**DAILY SCHEDULE OF ROUTINE DIABETES-RELATED TASKS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>Meal/snack</th>
<th>BG check</th>
<th>Insulin</th>
<th>Comments</th>
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**LEGEND:**  
A – assistance required;  S - with supervision;  I – independent.  
BG=Blood glucose/sugar

**EMERGENCY KIT LOCATION(S):** ____________________________

**HYPERGLYCEMIA (High blood sugar)**  
Call parent/guardian if BG is above ____ mmol/L, or if student is unwell.  
For students on a pump, correction and/or ketones check if BG is above____  
☐ Call parent: ____________________________________________  
☐ See care plan

**Specific instructions:** ____________________________________________

**MILD HYPOGLYCEMIA (Low blood sugar): Check, Treat, Repeat**

- If BG is under 4 mmol/L: Treat, then repeat BG check after 10-15 minutes  
- Treat again if still under 4 mmol/L  
- Treat and repeat this cycle until the BG is 4 or more

**Usual symptoms of low blood sugar for student are**

- ☐ shaky  ☐ irritable/grouchy  ☐ dizzy  
- ☐ sweating  ☐ blurred vision  ☐ headache  
- ☐ hungry  ☐ weak/fatigue  ☐ pale  
- ☐ confused  ☐ other ________________________

**Treat with:**

- ☐ ____ glucose tablets  
- ☐ ____ cup juice/regular pop  
- ☐ ____ Skittles  
- ☐ Other ________________________

**HYPERGLYCEMIA (High blood sugar)**

This worksheet is intended as a brief overview of DAILY diabetes-related tasks for the student. Consult the complete care plan for more details, particularly for non-standard situations. It is helpful to keep this sheet in the student’s class(es), even if the student manages most of their care.