FASTING DAY RULES

On the day you fast, check your morning (fasting) blood sugar (BS). If your BS is between 120-200, skip breakfast and lunch, drinking only calorie-free and caffeine-free beverages. *No food or exercise during the fast.* Check your BS every two (2) hours, (example: 8am, 10am, 12 noon, 2pm, etc...) continuing only to drink calorie-free beverages. Continue to fast until 6 pm, or until your BS goes below 70 or above 300. If your BS goes low (<70) or high (>300), you will need to stop fasting to correct either of these BS readings. Your fast will be over for the day if you have to correct a low or high BS.

Blood Sugar	Time

Reminder: NO exercise and NO food

NO supplemental/correction bolus

Basal	Time