Extended Tracker Page for Ketones and Illness

Use the Extended Tracker Page when you are following the *OzDAFNE ketone and illness guidelines*.
Photocopy this page as many times as you need to.

Total Daily Dose (TDD) is the total of all insulin (quick-acting and long-acting) that you had on your last usual day. This includes any correction doses of quick-acting insulin.

Note about TDD:
Your TDD may change over time. Work out your TDD each time you have an illness or raised ketones.

TDD = _____   10% of TDD = _____   20% of TDD = _____

Date	Time															Comments
	CP															
	GL															
	Quick															
	Long															
	KET															

Date	Time															Comments
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	GL															
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OZDAFNE Dose Adjustment For Normal Eating

Extended Tracker Page for Ketones & Illness (Pens)
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