

Participant ID										

Diary to record blood glucose and ketone levels. For example, in the 3 days before and after starting trial medication you should check paired glucose and ketone levels 4 times per day (e.g. before each meal and before bedtime), as well as 2 hours after changing each insulin giving set (if you are on insulin pump therapy). You should also check these at least once a week throughout the trial (ideally at the same time of day each week), if feeling unwell or when you have made changes in diet, physical activity, or insulin dose.

		Test	Time (if me	easure was	taken after	an event o	r another ti	ime use em	pty columr	ns on the ri	ght)		Comments,
Date	Before b	reakfast	Before	lunch	Before	dinner	Befor	e bed					medication,
	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	illness, diet,
	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	exercise, etc.



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		Test	Time (if me	easure was					pty columr	ns on the rig	ght)		Comments,
Date	Before b	reakfast	Before	lunch	Before	dinner	Befor	e bed					medication,
Date	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	Glucose	Ketones	illness, diet,
	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	(mmol/L)	exercise, etc.



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		Test	: Time (if me	easure was	taken after	an event o	r another ti	me use em	pty column	ns on the rig	ght)		Comments,
Date	Before b	Before breakfast		Before lunch		Before dinner		Before bed					medication,
Date	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	illness, diet, exercise, etc.



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		Test	: Time (if me	easure was	taken after	an event o	r another t	ime use em	pty columr	ns on the rig	ght)		Comments,
Date	Before b	reakfast	Before	lunch	Before	dinner	Befor	e bed					medication,
Date	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	illness, diet, exercise, etc.
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		Test	: Time (if me	easure was	taken after	an event o	r another ti	me use em	pty column	ns on the rig	ght)		Comments,
Date	Before b	Before breakfast		Before lunch		Before dinner		Before bed					medication,
Date	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	illness, diet, exercise, etc.