

Home Insulin Sensitivity Self-Test — Measurement Sheet

Name: _____ Start Date: _____ Meter: _____

Notes (sleep / stress / illness): _____

DAY 1 — Baseline + Fasting Stress

Time / Condition	Glucose (mg/dL)
Morning (fasted)	
Pre-Lunch (after 3–4h fast)	
Bedtime	

DAY 2 — Glucose Challenge (75 g sucrose)

Prepare solution: 75 g table sugar + 250–300 ml warm water. Drink within 5 minutes.

Timepoint	Glucose (mg/dL)
Fasting (T0)	
+30 min	
+60 min	
+120 min	
Bedtime	

DAY 3 — Exercise Uptake

Exercise: 60 min steady jog at conversational pace (not maximal).

Time / Condition	Glucose (mg/dL)
Morning (fasted)	
Immediately post-exercise	
+60 min post-exercise	
Bedtime	

DAY 4 — Clean Control

Time / Condition	Glucose (mg/dL)
Morning (fasted)	
Bedtime	

DAY 5 — Repeatability Check

Time / Condition	Glucose (mg/dL)
Morning (fasted)	
Bedtime	