





## **Dear Patient,**

Regular blood-glucose self-monitoring is a **MUST** for efficient and successful management of your diabetes mellitus.

Record the results of your blood-glucose tests in this diabetes diary and consult your physician regarding your blood glucose levels.

Do not forget to record any changes from your normal activities, diet or unusual conditions.

Please carry this diabetes diary with you at all times.

# My Diabetes Diary and Logbook

Logbook Dates

From: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

To: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Doctor's Phone \_\_\_\_\_

Diabetes Educator's Name \_\_\_\_\_

Diabetes Educator's Telephone \_\_\_\_\_

In Case of Emergency, Notify (Name) \_\_\_\_\_

Phone Number \_\_\_\_\_ Relationship \_\_\_\_\_

## My Personal Data

Date								
Weight/BMI								
HbA1c								
Blood Pressure								
Cholesterol								
HDL Cholesterol								
Triglycerides								
Micro-albuminuria								

Please consult your doctor on the healthy range for each of the above and set your individual targets.



Week of \_\_\_\_\_

		<b>Breakfast</b> Before / After	<b>Lunch</b> Before / After	<b>Dinner</b> Before / After	<b>Bedtime</b> Before / After	<b>Snack</b> Before / After
<b>Monday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Tuesday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Wednesday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Thursday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Friday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Saturday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Sunday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					

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	Insulin/Carbs	/	/	/	/	/
	Comments					
Tuesday	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
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	Insulin/Carbs	/	/	/	/	/
	Comments					
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	Insulin/Carbs	/	/	/	/	/
	Comments					
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	Insulin/Carbs	/	/	/	/	/
	Comments					
Saturday	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
Sunday	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					

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	Insulin/Carbs	/	/	/	/	/
	Comments					
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	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Saturday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					
<b>Sunday</b>	Glucose Reading					
	Insulin/Carbs	/	/	/	/	/
	Comments					

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	Insulin/Carbs	/	/	/	/	/
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