

INSULIN PUMP DAILY JOURNAL



USING THE DAILY BLOOD GLUCOSE JOURNAL

- Write the Day and Date in the spaces provided on the top of the page.
- Find the time of the entry you are making. Test your blood glucose and enter the value in the space labeled METER BLOOD GLUCOSE.
- If you are eating at this time, write the grams of carbohydrates in the space labeled CARBOHYDRATES.
- If you are taking a correction and/or meal bolus, record it in the space labeled MEAL BOLUS and/or CORRECTION BOLUS. Even if you have added these together to take one bolus, write the separate amounts in the corresponding spaces.
- Record your basal rate in the space labeled BASAL RATE. If you have more than one rate, be sure to record the rate in the space corresponding to the correct time for each rate.
- When you exercise, write the minutes in the space labeled EXERCISE.
- If you test your urine ketones, write the result in the space labeled URINE KETONES. Each time you test your ketones, write the result even if it is negative.

- If you use different Target Blood Glucose ranges for different times of day, record your current high and low Blood Glucose targets in the space labeled SENSOR TARGETS.
- Use the MISC space to record any other information.
- Record the time you change your infusion set in the space labeled SET CHANGE. This notation will help you to evaluate any changes in your blood glucose readings due to changing your infusion set.
- Record the food you eat in the BREAKFAST, LUNCH and DINNER columns provided.
- In the NOTES section, write down any information that may explain your blood glucose values or diabetes management decisions. Use this section as you would a personal journal.
- You will find four graphs for weekly recording in the back section.

Note: The shaded area of the graph represents the acceptable level of blood glucose control for most people with diabetes.

FOOD JOURNAL

Breakfast

Snack

Lunch

Snack

Dinner

Snack

NOTES

Exercise, stress, illness, low blood sugar & treatment, alarms, specific foods/CHO

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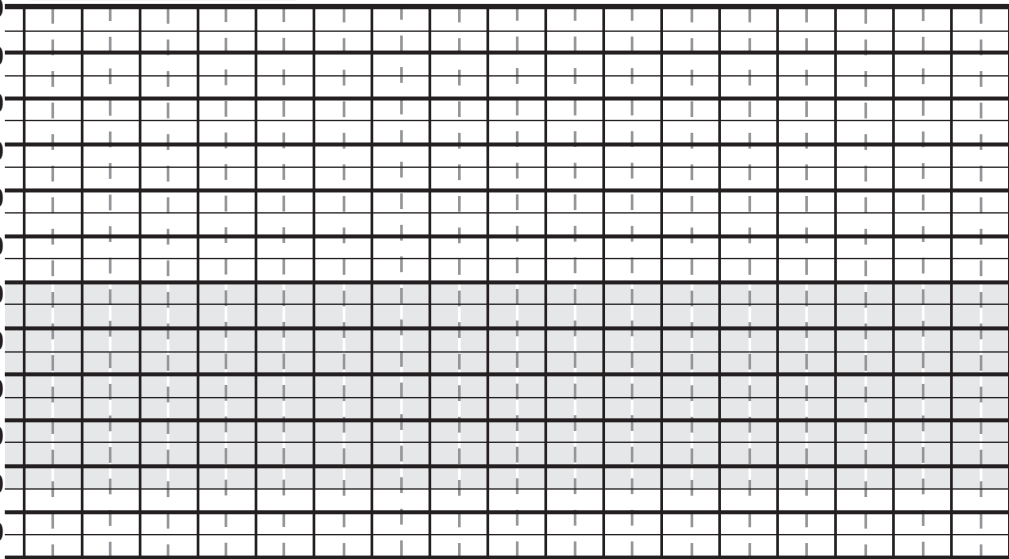
Exercise, stress, illness, low blood sugar & treatment, alarms, specific foods/CHO



WEEKLY JOURNAL

WEEK OF: _____

400
(22.2)
350
(19.4)
300
(16.7)
250
(13.9)
200
(11.1)
180
(10)
160
(8.9)
140
(7.8)
120
(6.7)
100
(5.6)
80
(4.4)
60
(3.3)
40
(2.2)



This graph is not to scale



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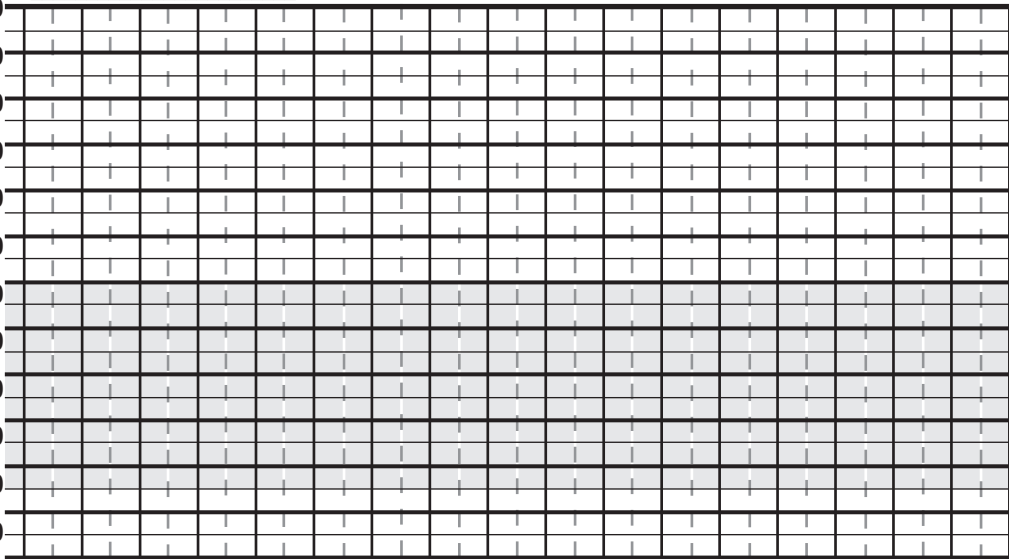
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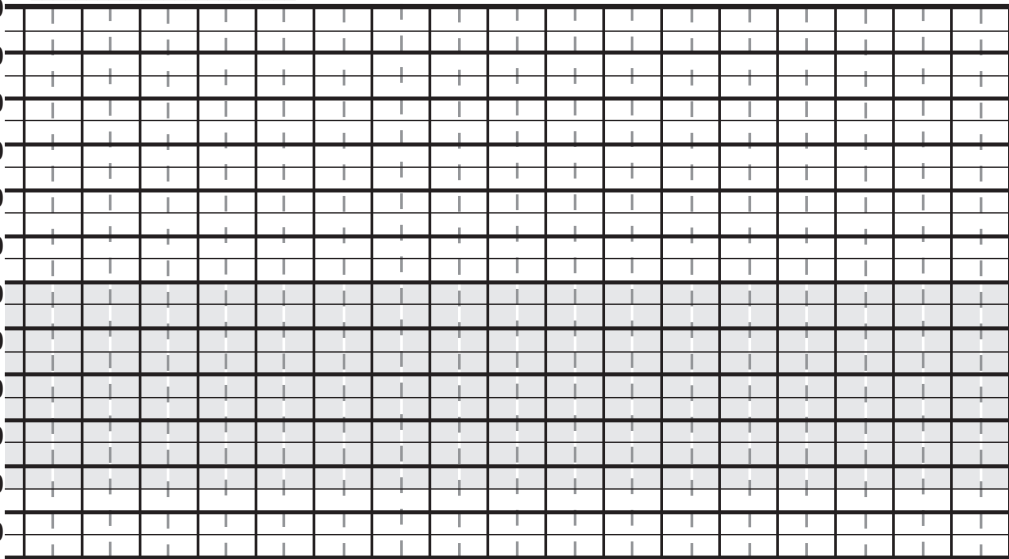
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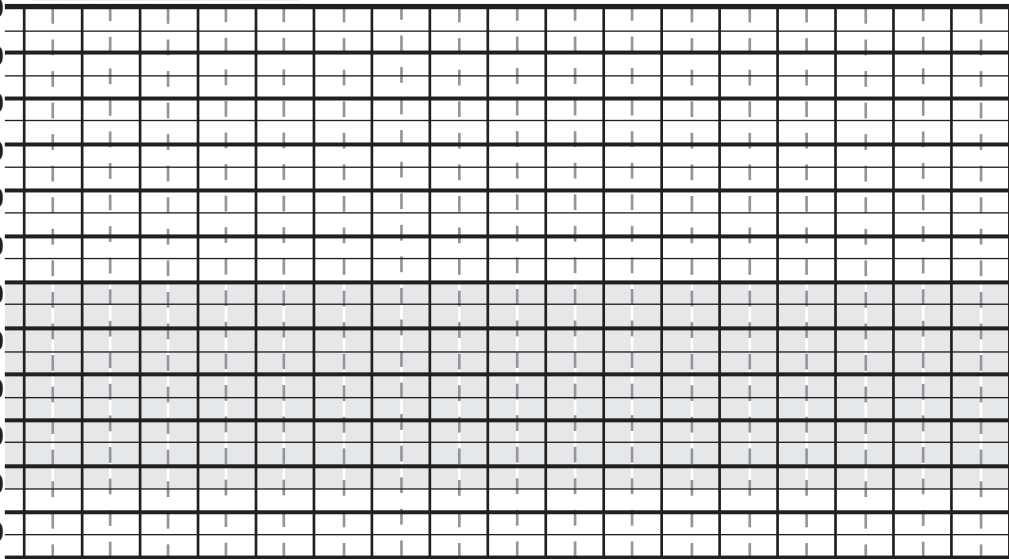
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Northridge, CA 91325
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818-576-5555



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