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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:		1 1			To:		1 1	
	Month	Day	Year			Month	Day	Year
Name								
Address								
City				State			Zip	
Home Telep	phone				Cell Phone			
Doctor's Na	me				Doctor's Phone			
Diabetes Edi	ucator's Name	!			Diabetes Educator	's Telephone		
In Case of E	Emergency, N	lotify (Name)						
Phone Num	ber				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.

My Appointments

Date	Doctor	Diabetes and Educator	Dietician	Ophthalmologist	Endocrinologist

Week of:		Breakfast		Lunch		Dinner		Bedtime		Snack(Bocado)	
		Before	After	Before	After	Before	After	Before	After	Before	After
Monday	Glucose Reading										
	Insulin/Carbs	/		/		/		/		/	
	Comments										
Tuesday	Glucose Reading										
	Insulin/Carbs	,	/	,	/		/	,	/	/	
	Comments										
	Glucose Reading										
Wednesday	Insulin/Carbs		/	,	/		/	,	/	/	
	Comments										
	Glucose Reading										
Thursday	Insulin/Carbs	,	/	,	/		/	,	/	/	
	Comments										
	Glucose Reading										
Friday	Insulin/Carbs		/	,	/		/	,	/	/	
	Comments										
Saturday	Glucose Reading										
	Insulin/Carbs	,	/	,	/		/	,	/	/	
	Comments										
	Glucose Reading										
Sunday	Insulin/Carbs		/	,	/		/	,	/	/	
	Comments										



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