

## Gluco ${ }^{\text {AB }}{ }^{\prime \prime}$



Logbook

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FULL AUTOMATIC CODING 500 TEST MEMORY TEST STRIP EJECTOR

My Diabetes Diary and Logbook

## 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.

Logbook Dates


## 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 |
| :--- | :--- | :--- | :--- | :--- | :--- |
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