YOUR
DIABETES - WHAT TO KNOW
LOGBOOK

Use this logbook to help you learn how food, medication, and exercise affect your blood sugar. This will help you make healthy decisions each day. Here's how to use this logbook:

1 Fill in the date.

2 When testing blood sugar before and after meals, test before you eat and write teh result in the Before column and then test two hours after the first bite of your meal and write the result in the After column.

3 "Fasting" refers to your blood sugar reading before breakfast (when you wake up).

4 Jot down how many carbs you've eaten and any amount of medication you've taken.

5 When your result is higher or lower than your target, circle it so you can see it at a glance.

6 Use the Comments section to record anything that might relate to your blood sugar— what you ate, whether you were stressed, etc.

7 Test your blood sugar as recommended by your doctor.

Here's an example

Week of: **(1)** 9/8 _____

Circle all the results where you're above or below your target. Add comments on diet, exercise, stress, etc.

DAY	BREAKFAST			LUNCH			DINNER			BEDTIME
	Fasting	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	
M	**(3)** 70	123	**(4)** 6 4n/3n	**(2)** 120	160	8 ?	180	**(5)** (210)	? ?	
	Comments: Pi22A lunch, PAStA DinneR **(6)**									
T										
	Comments:									
W										
	Comments:									

What are your blood sugar goals?

Start by asking your healthcare professional what your blood sugar goals are and when you should check your blood sugar.

(7) WHEN TO CHECK	MY GOALS
Fasting (before breakfast)	_____ mg/dL
Before Meal (lunch / dinner)	_____ mg/dL
After Meal (any meal)	_____ mg/dL

Diabetes
What To
Know

Week of:_____

Circle all the results where you're above or below your target. In the comments area, describe what was happening – food, stress, exercise, etc.

Diabetes What To Know

DAY	BREAKFAST			LUNCH			DINNER			BEDTIME
	Fasting	After	Carbs/Insulin	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin	
M										
	Comments:									
T										
	Comments:									
W										
	Comments:									
T										
	Comments:									
F										
	Comments:									
S										
	Comments:									
S										
	Comments:									