



# Let's keep track

My logbook

**ONETOUCH**<sup>®</sup>  
every touch is a step forward™

If this logbook is found, please return to:

My Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I have diabetes. In case of emergency, please call:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

My Health Care Team/Resources:

Doctor \_\_\_\_\_ Diabetes Educator \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Dietitian \_\_\_\_\_ Pharmacist \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_




Hospital \_\_\_\_\_

Phone \_\_\_\_\_

## Why test your blood glucose (blood sugar)?

To help you and your healthcare team adjust your diabetes treatment plan when needed. A OneTouch® blood glucose meter with Coloursure™ technology, helps you better understand your results. **Blue** is below your target; **Green** means in range and **Red** means higher than your target.

## What are my blood sugar targets?

Time	My Target Range*
 Before meals	
 2 hours after start of a meal	
 Bedtime	
Other times	

\*Always ask your doctor or other health care professional about your unique blood glucose target ranges that will help keep you safe. And don't forget to write them down helping guide you to make decisions based on your test results.

# How to use your logbook












Week of 8/9 **1**

 = before meal




 = after meal

 = insulin/meds

 = bedtime

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon	70 <b>2</b>	123	6 <b>4</b>	120	160	8	180	210 <b>5</b>				
Time		8:00 am <b>3</b>										
Notes:	Pizza lunch, Pasta dinner <b>6</b>											
	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												

Use this logbook to help you learn how food, medication and exercise affect your blood sugar. Then make healthy decisions each day to better manage your diabetes. Here's how to work with your logbook:

- 1** Fill in the date.
- 2** When testing blood sugar before and after meals, write down the "before-meal" result in the  column and the "after-meal" result in the  column
- 3** Write down the time you test your blood sugar.
- 4** Write down any amount of medication you've taken (insulin and/diabetes pills), in the  column.
- 5** When your result is high or low, circle it so you can see it at a glance.
- 6** Use the comments section to remark on anything important like meals eaten, exercise, or stress.

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



When testing your blood glucose, hold the lancing device firmly against the side of your finger. Fewer nerves on the side can make it less painful than the center of your fingertip.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Choosing a lancet with a higher gauge can help to decrease the pain and discomfort when testing your blood glucose, as higher gauges have thinner lancet tips. You'll find the size of the gauge on the side of the lancet packaging.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



If you're exercising, it's a good habit to test your blood glucose before, during and after your workout in order to monitor the effects of exercise on your blood glucose levels.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



It's good to make a habit of testing your blood glucose before you get behind the wheel of your car, especially for long drives, in case there is any action you need to take before you set off.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Testing your blood glucose before you eat and two hours after can help you see the impact your food and portion size has on your blood glucose levels. This may be helpful in deciding to include your favorite foods into your eating plan.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												



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



Control solution tests check that your meter and test strips are working together properly and you are getting accurate results.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Knowing when your results are in or out of range may help you reach your blood glucose goals.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Keeping a meter with you or having it in a place you often spend time, like your office, can help you remember to test.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Developing a routine, like always testing before you shower or going to bed, is a good way to help you remember to test and build the habit of testing regularly.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Massaging your finger will increase circulation, helping you to get a good blood sample to test.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



Your doctor may suggest that you test more frequently if you're feeling stressed or unwell, or when there are changes to your usual routines, as these can affect your blood glucose levels. Always talk to your doctor about what changes may be necessary.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

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



If testing in public makes you feel uncomfortable, try to find a private area or ask your host to help you find one if you are away from a familiar area.


	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

# Make the connection

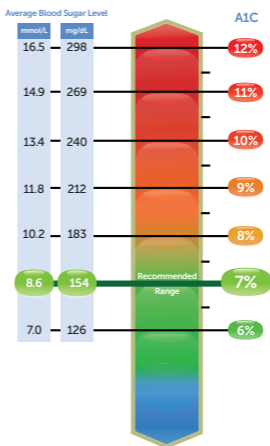
## Average blood sugar level and A1c

Get on track to help you feel great with small steps and the right support towards getting you in the **Green** range.

 [www.OneTouch.xx](http://www.OneTouch.xx)

 XXX-XXX-XXX  
Customer Care  
Monday to Friday  
XX.XX-XX.XX

### Correlation of A1C with average sugar



**ONETOUCH**  
every touch is a step forward™