

LOG BOOK

Draw on me

This is YOUR Log Book.

Use it daily for recording your blood sugar, insulin and grams of carbohydrates (carbs).

Write down your blood sugar results on the page marked blood sugar log. Include the type and amount of insulin you've taken.

On the carb count page, write the amount of carbs (grams) you've eaten. For example, if you eat pasta or fruit, jot down the amount of carbs.

Use the notes section to add information on any foods you might have eaten, the types of physical activity you do, or if you don't feel well.

IF FOUND, PLEASE RETURN TO:

Name

Address

City

State

Zip Code

Doctor's Name

Phone

Parent's Name

Phone

IN CASE OF EMERGENCY, PLEASE CALL:

Name

Relationship

Address

Phone

OTHER IMPORTANT PHONE NUMBERS:

Diabetes Educator

Dietitian

Blood Sugar Log for the Week of _____

	Breakfast			Lunch			Dinner			Bedtime			During the Night		
	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after
Monday															
Tuesday															
Wednesday															
Thursday															
Friday															
Saturday															
Sunday															

Weekly blood sugar notes

Use this side of the page to record your blood sugar and the opposite side to record the amount of carbs you eat each day.

Use this side of the page to record the grams of carbohydrates (carbs) you eat each day.

Carb (grams) Count for the Week of _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weekly carb notes

