



Helping all people
live healthy lives

BD Getting Started™ Blood Glucose Logbook

How to Contact Us?

BD Customer Care is available to answer your questions Monday thru Friday, 8 am - 8 pm Eastern Time. Call toll-free in US: 1-888-BDCARES (1-888-232-2737)* or visit our website at www.BDdiabetes.com/us

**NOT FOR EMERGENCY OR MEDICAL INFORMATION*

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This logbook belongs to:

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Telephone _____

This logbook covers the period from: ____ / ____ / ____ **to:** ____ / ____ / ____

MO DAY YR MO DAY YR

American Diabetes Association Recommended target ranges:

before eating is: 90 – 130 mg/dL

2 hours after eating is: <180 mg/dL

My target blood glucose range:

Before eating **From:** _____ **To:** _____

2 hours after eating **From:** _____ **To:** _____

This logbook will help you keep accurate records of your blood glucose results, so that you can manage your diabetes more easily.

By making a habit of recording each result, you will see how the insulin or medication you take, different foods, and activities affect your blood glucose levels.

The logbook provides space for recording your daily insulin injections, blood glucose results, and any notes you may want to make. It will also make you aware of any major changes in your blood glucose levels during a given day or week, and help you find the possible causes. For example, if you are less active than usual on a given day, a blood glucose check can tell you that you may need to lower your food intake to avoid a high blood glucose level. With a little practice, you'll be able to understand the effects of insulin, medication, foods, and exercise on your blood glucose levels, and by working with your doctor or nurse educator, you'll learn how to make adjustments that will keep you in your target blood glucose range.



How to Use the Blood Glucose Logbook

To fill out the logbook, simply write your blood glucose results in the box marked Blood Glucose. List the amount and any changes in insulin taken in the box marked insulin. Write down any types of special or unusual foods you have eaten, the times and types of exercise, and also any sickness and urine results for ketones, in the comments section. Also note your feelings, low blood glucose reactions, and general health. "Good Control" – keeping your blood glucose levels in a range that you and your doctor have agreed upon (*your target blood glucose range*), can become a routine part of your life and help you feel better every day.

Sample Logbook Entry

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		
Day	time		time	time		time	time		time	time		time	Diet, exercise, ketones, stress, feelings, general health
date	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	
Mon 04/29	106	5h		100	6h		240	8h		180	15L		ate lunch out
Tue 04/30		5h	140		6h	180		8h		120	15L		
Wed 05/01	115			130	6h		180			90			ran 30 min. ate larger snack

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		
Day	time		time	time		time	time		time	time		time	Diet, exercise, ketones, stress, feelings, general health
date	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	
Mon													
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		
Day	time		time	time		time	time		time	time		time	<i>Diet, exercise, ketones, stress, feelings, general health</i>
date	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	
Mon													
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		
Day	time		time	time		time	time		time	time		time	<i>Diet, exercise, ketones, stress, feelings, general health</i>
date	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	blood glucose		blood glucose	
Mon													
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													