

BD Active Lifestyle

7-Day Glucose/Diet/Exercise Patient Log

In order to understand how the food you eat and how exercise can affect your blood glucose levels, your doctor or nurse may ask you to check your blood glucose *before you eat and again 2 hours after you eat*. By adding daily exercise and a balanced carbohydrate (carbs) meal plan, you may gain and maintain better diabetes control.



This log can help you to understand how the food you eat, your exercise, and your medication all work to influence your blood glucose level. Your doctor or nurse will use the information from your completed log to identify “patterns” and help you understand what changes you need to better manage your diabetes.

This 7-Day Log is provided as part of our ongoing commitment to service and support of patients with diabetes and the professionals who care for them. We hope you find it informative, useful and inspirational.

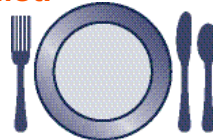
About measuring blood glucose:

Always check your blood glucose before every meal or snack and 2 hours after every meal or snack. Write this information carefully beneath the symbols on the log for each day.



About your diet:

Write down everything you eat including spreads on bread and dressings on salads. Total up all carbs for each meal or snack.



About how you feel:

Listen to your body. Do you have more energy or are you easily tired? Do you feel less stressed, more stressed? Are you sleeping better, worse? Do you just “feel better” or “feel worse”?



About exercise/activity:

- Be sure to get your doctor’s permission before beginning any exercise/activity program!
- If you are “out of shape,” start with only 5 to 10 minutes of exercise and slowly build up. See the back of this booklet for a sample walking program.
- Checking your blood glucose before and after exercise will help you understand how much activity will lower your blood glucose.
- Always carry a source of sugar or glucose tablets when exercising in case of hypoglycemia (low blood glucose).



Please make extra copies of the actual “log” (pages 2 and 3) for use in weeks to come or download and print these pages from our Web site www.bddiabetes.com.



Name _____ Date Started _____ Target Blood Glucose Level _____

Active Lifestyle 7-Day Glucose/Diet/Exercise Patient Log

How to use this log... write your name and the date you start keeping this log at the space on top.
Also record your "target" blood glucose level, as discussed with your doctor or diabetes professional.

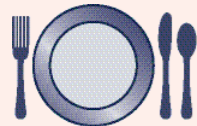


LEGEND

Above each meal, you'll see symbols that tell you what to measure or record. These symbols are:



Blood glucose level BEFORE eating



Meal - Write down what you ate and calculate **total carbs**



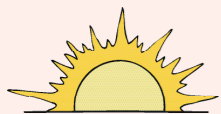
Blood glucose level 2 HOURS AFTER eating



How do you feel? (Write a few words to explain)



Exercise/Activity - Write down time of day you exercised, what you did, and for how long?



What can you do to make tomorrow a better day? (List ideas)

	BREAKFAST			LUNCH			DINNER			SNACK			TOMORROW?
DAY 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						
DAY 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When?			What?			How Long?						



A Sample Walking Program*

	Warm Up	Target Zone Exercising**	Cool Down Time	Total Time
Week 1 Session A	Walk normally 5 min.	Then walk briskly 5 min.	Then walk normally 5 min.	15 min.
Session B Repeat above pattern				
Session C Repeat above pattern				
Continue with at least three exercise sessions during each week of the program. If you find a particular week's pattern tiring, repeat it before going on to the next pattern. You do not have to complete the walking program in 12 weeks.				
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.
Week 13 and following: Check your pulse periodically to see if you are exercising within your target zone. As you get more in shape, try exercising within the upper range of your target zone. Gradually increase your brisk walking time to 30 to 60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.				

**Here's how to check if you are within your target heart rate zone:

1. Right after you stop exercising, take your pulse: Place the tips of your first two fingers lightly over one of the blood vessels on your neck, just to the left or right of your Adam's apple. Or try the pulse spot inside your wrist just below the base of your thumb.
2. Count your pulse for 10 seconds and multiply the number by 6.
3. Compare the number to the correct grouping in the chart (below). Look for the age range that is closest to your age and read the line across. For example, if you are 43, the closest age range on the chart is 45. The target zone is 88-131 beats per minute.

Age	Target Heart Range Zone
20 years	100-150 beats per minute
25 years	98-146 beats per minute
30 years	95-142 beats per minute
35 years	93-138 beats per minute
40 years	90-135 beats per minute
45 years	88-131 beats per minute
50 years	85-127 beats per minute
55 years	83-123 beats per minute
60 years	80-120 beats per minute
65 years	78-116 beats per minute
70 years	75-113 beats per minute

Source: Exercise and Your Heart, National Heart, Lung, and Blood Institute/American Heart Association, NIH Publication No. 93-1677.

*Check with your doctor before you begin exercising.

Source: *BD Getting Started™ Exercise and Diabetes*, written by Richard M. Weil, M.Ed., C.D.E.

As a company that is dedicated to "Helping all people live healthy lives," we are pleased to offer service beyond our products—providing patients and diabetes professionals with high quality, useful information, education, and resources.

BD provides this log for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this log.

Educational Information from BD.



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