

Normal blood sugar ranges are:

Before breakfast (fasting)	4.0-6.0 mmol/L
1-2 hour after a meal	5.0-8.0 mmol/L

*Based on the 2003 Canadian Journal of Diabetes
[CDA 2003; Vol. 27 (2 Suppl.)]*

Your recommended blood sugar
target range:

NOTE: Discuss your target blood sugar
range with your healthcare professional.

This Diary covers the period from ____ / ____ / ____ to
____ / ____ / ____

This Diary Belongs to:

Name _____

Address _____

City _____

Prov. _____ Postal Code _____

Telephone Number _____

E-Mail Address _____

I have diabetes.

For medical assistance, please contact:

Doctor's Name

Address _____

City _____

Prov. _____ Postal Code _____

Telephone Number _____

E-Mail Address _____

Medications:

Meal Plan:

Keeping accurate records of your blood sugar test results and insulin injections in your logbook can help you manage your diabetes more easily. By making a habit of recording each test result, you will see how your body reacts to our insulin and how different foods and activities affect your blood sugar levels.

The logbook provides space for recording your blood sugar test results, your daily insulin injections and any notes you may want to make. It will also make you more aware of any major changes in your blood sugar levels during a given day or week, and may help you find the possible causes. With practice, you will be able to understand the effects of insulin, foods, and exercise on your blood sugar levels. By working with your healthcare professional, you will learn how to make adjustments that will keep you in your recommended range.

How to use your Blood Sugar Testing Logbook

1. Write in the date below the day of the week.
2. Write in the time and result of your blood sugar test in “before” and “after” column.

Example: If your blood sugar test result is 8.3 mmol/L before breakfast, write the test result and the time you took the test in the “before” section. If your blood sugar test results is 10 mmol/L after breakfast, write the test result and the time you took the test in the “after” section.

3. Write in the type and number of units of insulin you injected in the “insulin” column.
4. The “notes” row under each day provides you with space to write in events that may occur during the day.

Example: You may want to record your exercise or the amount of carbohydrates in a meal that occurred at a specific time of day. You can also record hypoglycemic (low blood sugar) or hyperglycemic (high blood sugar) values that may have occurred during the day.

	Breakfast			Lunch		
	before	insulin	after	before	insulin	after
Day	<i>time</i>		<i>time</i>	<i>time</i>		<i>time</i>
date	blood sugar		blood sugar	blood sugar		blood sugar
Mon	5.8	5N 10N		5.5		
06/03						
notes				ate lunch out		
Tue		5N 10N	7.7			10
06/04						
notes						
Wed	6.4			7.2		
06/05						
notes	ran 30 min			ate large snack		

Dinner			Bedtime		Night
before	insulin	after	before	insulin	
<i>time</i> blood sugar		<i>time</i> blood sugar	<i>time</i> blood sugar		<i>time</i> blood sugar
13.3	8H		10	15N	
	8H		6.6	15N	
10			5		

	Breakfast			Lunch		
	before	insulin	after	before	insulin	after
Day	<i>time</i>		<i>time</i>	<i>time</i>		<i>time</i>
date	blood sugar		blood sugar	blood sugar		blood sugar
Mon						
notes						
Tue						
notes						
Wed						
notes						
Thu						
notes						
Fri						
notes						
Sat						
notes						
Sun						
notes						

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NOTES

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