

# 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

## **IN CASE OF EMERGENCY, PLEASE CALL:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

## **OTHER IMPORTANT PHONE NUMBERS:**

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

\_\_\_\_\_  
Dietitian

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Doctor's Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Parent's Name

\_\_\_\_\_  
Phone

# LOG BOOK

# 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 this 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**

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