

Logbook

Journal

Logbook Info

DATES: FROM _____ – _____

NAME

ADDRESS

CITY

PROVINCE

POSTAL CODE

TELEPHONE

DOCTOR'S NAME

TELEPHONE

DIABETES EDUCATOR'S NAME

TELEPHONE

IN CASE OF EMERGENCY, NOTIFY

TELEPHONE

Your A1C and you.

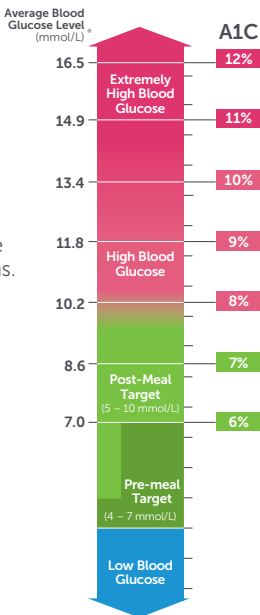
Get a complete blood glucose picture with your meter and A1C results.

A meter result is a snapshot of your immediate blood glucose level.

A1C is a lab test that shows your average blood glucose level for the past 2 to 3 months.

Both give you important information about your management plan.

This chart helps you see the relationship between average blood glucose and your A1C.



*Adapted from American Diabetes Association. Standards of Medical Care in Diabetes 2019. Diabetes Care January 2019; 42(Suppl. 1)S61-S70

What is Hypoglycemia?

A Low (or Hypoglycemia) is a blood sugar level lower than 4.0 mmol/L.[†]

Common Symptoms include:

- Shaking
- Nausea
- Sweating
- Headache
- Fast Heartbeat
- Irritability
- Hunger
- Confusion

What is Hyperglycemia?

A High (or Hyperglycemia) is a blood sugar level higher than your in-range blood sugar level.

Common Symptoms include:

- Frequent Urination
- Impaired Vision
- Thirst
- Headache
- Anxiety
- Irritability
- Fatigue

[†] Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl1):S1-S325.

How to Treat Hypoglycemia

MILD AND MODERATE LOWS

Take 15g of fast-acting Carbohydrate

- 3 glucose tablets (5g each), or
- 3/4 cup soft drink or juice, or
- 3 tsps of sugar or honey, or
- 6 Life Savers®, or
- Discuss other options with your healthcare professional

Check your blood sugar again in 15 minutes. Treat again if blood glucose remains less than 4 mmol/L.

SEVERE LOW

If conscious & able to swallow:

Give 20g fast-acting Carbohydrate

- 4 glucose tablets (5g each), or
- 4 tsps of sugar or honey

If unconscious:

- Give glucagon injection AND CALL 911

Check your blood sugar again in 15 minutes. Treat again if blood glucose remains less than 4 mmol/L. Keep checking every 2 hours until it is stable.

How to Treat Hyperglycemia

- Measure your blood glucose;
- Determine the cause of the hyperglycemia and correct it if possible;
- Drink a lot of water;
- Rest;
- Take your blood glucose at least four times a day;
- Continue to eat and follow the prescribed treatment;
- Call your doctor if your blood glucose levels remain above 20 mmol/L;
- Go to Emergency if you experience abdominal pain, nausea or vomiting.

This logbook can help you see how food, medication, and exercise affect your blood glucose, so that you can have more days when you feel your best.

How to use your logbook:

- 1 Fill in the date.
- 2 When testing before and after meals, write the before-meal result in the "Before" column and the after-meal result in the "After" column.
- 3 You can jot down the carbs you've eaten and any insulin you've taken.*

Example

Circle result each time you're above or below your target.

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
1	4.7	7.3	30g	6.7	10.4	60g
			4RA/3LA*			5RA
NOTES				Pizza		
NOTES						

- 4** Circle out-of-target results so that you can see any high and low results at a glance.

*Consult with your healthcare professional when making changes to medication .

My plan for checking blood glucose

I will test times a week.

Remember to review your logbook with your healthcare professional to discuss possible actions to help you get back to target.

Add comments on food, exercise, stress, etc.

Dinner			Bedtime		
Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
8.6	11.7	70g 7RA			
NOTES Spaghetti					
NOTES					

How to use your logbook (cont.):

Use the notes sections to make notes about:



Nutrition

Carbs, portion sizes, and how you felt before and after eating.



Activity

See if you can do 30 minutes a day – it could be broken into 10 to 15 minute segments.



Interpreting Results

Learn how to interpret glucose testing results and the impact exercise, food, and emotional health can have.



Health

Tired? Stressed? Sick? Your emotional and physical health can affect your blood sugar.

Keeping a daily log can help you make healthier decisions, notice patterns, and share with your doctor. Your goal is to feel your best today and every day.

Targets

Blood Glucose

	A1C	BEFORE MEAL	2 HOURS AFTER MEAL
For most adults with diabetes	$\leq 7.0\%$	4.0 – 7.0 mmol/L	5.0 – 10.0 mmol/L

My Targets			
------------	--	--	--

Note: These recommendations are for most adults with diabetes. Targets for special groups, including pregnant woman and children, are different.

Blood Cholesterol

INDEX	TARGET VALUE
LDL-C	≤ 2.0 mmol/L

Blood Pressure

$< 130/80$ mm Hg

Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl1):S1-S325.

Setting Goals

Setting realistic goals and working toward them can help keep you on track. Use this page to make notes on your overall health. You can discuss this information with your healthcare professional at your next appointment. Always follow your doctor's recommendations for testing and evaluating your health.

Weight current _____ target _____

A1C current _____ target _____

Blood
Pressure current _____ target <130/80

Remember to tell your doctor about any changes in:

- Skin
- Feet
- Vision
- Circulation
- Mood

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Breakfast			Lunch		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

DATE	Dinner			Bedtime		
	Before	After	Carbs/Insulin	Before	After	Carbs/Insulin
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	NOTES					
	Average			Average		

Visit [OneTouch.in](https://www.onetouch.in)

Contact our OneTouch[®] Customer Service team to register your meter today!



email: service.india@lifescan.com



1800 22 55 44