



My Logbook

ONETOUCH®

If this logbook is found,
please return to:

My Name _____

Address _____

Phone _____

I have diabetes. In case of
emergency, please call:

Name _____

Relationship _____

Address _____

Phone _____

My Healthcare
Team/Resources:

Doctor _____

Phone _____

Dietitian _____

Phone _____

Hospital _____

Phone _____

Diabetes Educator _____





Phone _____

Pharmacist _____

Phone _____






Ask your doctor or other health care professional about your unique blood sugar target ranges. You can write your target ranges down here to help guide you to make decisions based on your readings.

Blood sugar targets

Time	My Target Range
 Before meal	<hr/>
 2 hours after meal	<hr/>
 Bedtime	<hr/>
 Other times	<hr/>



How to use your logbook




Week of: 10/27/2022 **1**

	Night	Breakfast		Lunch	
Day					
Mon		60 2	120	80	
Note: Pizza for Lunch, Pasta for Dinner 4					

Use this logbook to help you learn how food, medication and exercise affect your blood sugar.

Here's how to work with your logbook:

- 1** Fill in the date.
- 2** When you check your blood sugar before and after meals, write down the readings before eating in the  column and the readings after eating in the  column.

Dinner		Bed	Activity	
			Before	After
140	210 ³	70		

 = Before Meal

 = After Meal









 = Bedtime

 = Overnight









3 When your reading is high or low, circle the number so it can be seen easily.

4 Use the comments section to highlight important details such as meals, exercise and/or stress.









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Day									Before	After
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Note:										
Tue										
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For more support:

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Treatment decisions should be based on current numerical blood glucose reading and healthcare professional recommendations.

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