

HOW TO FILL OUT YOUR LOGBOOK

Week beginning		Breakfast		Lunch		Dinner		Before Bed
		Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	
Monday	Blood Glucose							
	Insulin Units							
	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tuesday	Blood Glucose							
	Insulin Units							
	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wednesday	Blood Glucose							
	Insulin Units							
	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Step 1
Fill in the week beginning date.

Step 2
Record your blood glucose results each time you monitor.

Step 3
Record the number of units given in each injection in the column that corresponds to the injection time.

Step 4
Circle the size of the meal you ate: small (S), medium (M) or large (L).

Step 5
Circle the number you think is right for the amount of physical activity you had been doing.

- 1** Very low **2** Somewhat low
3 Moderate **4** Somewhat high
5 Very high

Step 6 Finally, in the comments column you can record any dietary changes, illness, time of hypos and note any significant changes to your body, your routine or the way you feel.

Next time you visit your diabetes healthcare professional, remember to bring this diary along.

[illegible]

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Week beginning		Breakfast		Lunch		Dinner	Before Bed	Comments
Monday	Blood Glucose	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	Eg diet changes, time of hypos, illness
	Insulin Units							
	Meal Size		S M L		S M L			
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Blood Glucose							
Tuesday	Insulin Units							
	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Blood Glucose							
	Insulin Units							
Wednesday	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
	Blood Glucose							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	

[illegible]

