How to Use the Blood Sugar Diary

To fill out the diary, simply write your blood sugar results in the box marked Blood Sugar. List the amount and any changes in insulin taken in the box marked insulin. Write down any types of special or unusual foods you have eaten, the times and types of exercise, and also any sickness and urine results for ketones, in the comments section. Also note your feelings, low blood sugar reactions, and general health. "Good Control" – keeping your blood sugar levels in a range that you and your doctor have agreed upon (*usually "near the normal range"*), can become a routine part of your life and help you feel better every day.

Sample Logbook Entry

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	*insulin*	after	before	*insulin*	after	before	*insulin*	after		*insulin*		*Diet, exercise, ketones, stress, feelings, general health*
Day / date	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	
Mon 04/29	106	5h 10n		100			240	8h		180	15n		ate lunch out
Tue 04/30		5h 10n	140			180		8h		120	15n		
Wed 05/01	115			130			180			90			ran 30 min. ate larger snack

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	*insulin*	after	before	*insulin*	after	before	*insulin*	after		*insulin*		*Diet, exercise, ketones, stress, feelings, general health*
Day / date	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	
Mon													
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	*insulin*	after	before	*insulin*	after	before	*insulin*	after		*insulin*		*Diet, exercise, ketones, stress, feelings, general health*
Day date	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	
Mon													
Tue													
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	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	*insulin*	after	before	*insulin*	after	before	*insulin*	after		*insulin*		*Diet, exercise, ketones, stress, feelings, general health*
Day date	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	*time* blood sugar		*time* blood sugar	
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