



Let's keep track

My logbook

ONETOUCH[®]
every touch is a step forward™

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 Health Care Team/Resources:

Doctor _____ Diabetes Educator _____

Phone _____ Phone _____

Dietitian _____ Pharmacist _____

Phone _____ Phone _____

Hospital _____

Phone _____

Why test your blood glucose (blood sugar)?

To help you and your healthcare team adjust your diabetes treatment plan when needed. A OneTouch® blood glucose meter with ColorSure™ technology, helps you better understand your results.

What are my blood sugar targets?

Time	My Target Range*
 Before meals	
 2 hours after start of a meal	
 Bedtime	
Other times	

*Always ask your doctor or other health care professional about your unique blood glucose target ranges. And don't forget to write them down to help guide you to make decisions based on your test results.

How to use your logbook

Week of 8/9 1

 = before meal

 = after meal

 = insulin/meds

 = bedtime

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon	70 2	123	6 4	120	160	8	180	210 5				
Time		8:00 am 3										
Notes:	Pizza lunch, Pasta dinner 6											
	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												

Use this logbook to help you learn how food, medication and exercise affect your blood sugar. Then make healthy decisions each day to better manage your diabetes. Here's how to work with your logbook:

- 1 Fill in the date.
- 2 When testing blood sugar before and after meals, write down the "before-meal" result in the  column and the "after-meal" result in the  column
- 3 Write down the time you test your blood sugar.
- 4 Write down any amount of medication you've taken (insulin and/or diabetes pills), in the  column.
- 5 When your result is high or low, circle it so you can see it at a glance.
- 6 Use the comments section to remark on anything important like meals eaten, exercise, or stress.

Week of _____



Your doctor may suggest that you test more frequently if you're feeling stressed or unwell, or when there are changes to your usual routines, as these can affect your blood glucose levels. Always talk to your doctor about what changes may be necessary.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Wed												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

Week of _____



If testing in public makes you feel uncomfortable, try to find a private area or ask your host to help you find one if you are away from a familiar area.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Wed												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

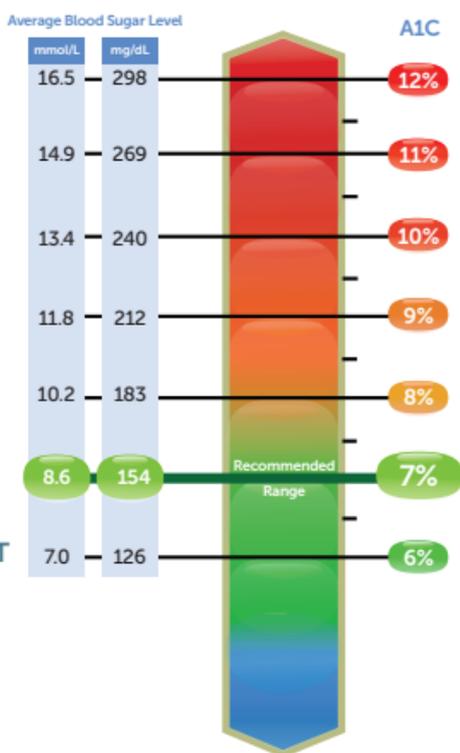
Make the connection

Average blood sugar level and A1c

Get on track to help you feel great with small steps and the right support towards getting you in the **Green** range.

 www.OneTouch.com
 **800-227-8862**
Customer Care
7 days/week
8:00 AM - 8:00 PM EST

Correlation of A1C with average sugar



ONETOUCH
every touch is a step forward™