



# Daily Log Book

Every day, you can make healthy, informed decisions to better manage your diabetes. Use this log book with your FreeStyle meter to help you learn how food, medication, rest, and exercise affect your blood sugar. Here's how to use your log book:

- 1 Fill in the date at the top of each page.
- 2 **Breakfast:** When testing blood sugar before and after breakfast, write down the before-meal result in the **Fasting** column and the after-meal result in the **After** column. "Fasting" refers to your blood sugar reading before breakfast, when you first wake up.



- 3 **Lunch and Dinner:** When testing blood sugar before and after your other meals, write down the before-meal result in the **Before** column and the after-meal result in the **After** column.
- 4 Write down the amount of carbohydrates you've eaten and any amount of medication you've taken in the **Carbs/Insulin** column.
- 5 When your blood sugar result is high or low, circle it so you can see it at a glance.
- 6 Write down the time you went to bed in the **Bedtime** column.
- 7 Use the **Comments** section to remark on anything important such as diet, exercise, or quality of sleep.
- 8 **What are your blood sugar goals?** Set blood sugar goals with your doctor, and write them in the **Goals** section. When testing your blood sugar, compare before- and after-meal glucose levels to your goals.

Daily Log week of 1 goals less than 180mg/dL, post meal 8

Day	Wake-Up	Breakfast <u>2</u>			Lunch		Dinner <u>3</u>			Bedtime
		Fasting	After	Carbs/Insulin	Before	After	Carbs/Insulin	Before	After	
M	8am	72	125	6 4N/3N	118	162	<u>4</u> 7 ?	178	<u>5</u> 212	<u>6</u>
Comments: <u>walked for 30 minutes, 8 hours of sleep</u> <u>7</u>										



FreeStyle

**Daily Log** week of \_\_\_\_\_ goals \_\_\_\_\_

Day	Wake-Up	Breakfast			Lunch			Dinner			Bedtime
		Fasting	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	
M											
	Comments:										
T											
	Comments:										
W											
	Comments:										
TH											
	Comments:										
F											
	Comments:										
SA											
	Comments:										
SU											
	Comments:										