# My Diabetes **LOGBOOK**



© 2015 i-SENS, Inc. All Rights Reserved. PGJ5E3050 REV3 05/2015 Made in Korea

# Thank you for choosing a CareSens blood glucose monitoring system

#### Manufacturer

i-SENS, Inc.

43, Banpo-daero 28-gil, Seocho-gu, Seoul 06646, Korea

www.i-sens.com

#### **NZ Distributor:**

Pharmaco (NZ) Ltd Auckland Phone: 0800 GLUCOSE

(0800 458267)

**Australian Distributor:** 

Pharmaco (Australia) Ltd Gordon, NSW 2072 Phone: 1800 114 610 Website: www.caresens.com.au

Website: www.caresens.co.nz

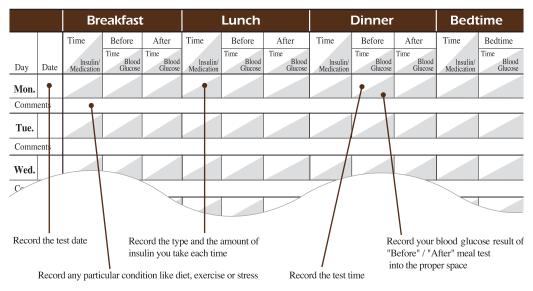
## Conversion

mmol/L         mg/dL         mmol/L         mg/dL         mmol/L         mg/dL           1.1         → 20         7.0         → 126         14.4         → 260           1.5         → 27         7.2         → 130         15.0         → 270           2.0         → 36         7.5         → 135         16.0         → 288           2.2         → 40         7.8         → 140         17.0         → 306           2.5         → 45         8.0         → 145         18.0         → 325           2.8         → 50         8.1         → 146         19.0         → 342           3.0         → 54         8.3         → 150         20.0         → 360           3.3         → 60         9.0         → 162         20.8         → 375           3.9         → 70         9.4         → 170         22.2         → 400           4.0         → 72         10.0         → 180         23.0         → 414           4.4         → 80         10.1         → 182         24.0         → 432           4.7         → 85         10.5         → 189         25.0         → 450           5.0         → 90         11.0			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	mmol/L mg/dL	mmol/L mg/dL	mmol/L mg/dL
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	1.1 ↔ 20	7.0 ↔ 126	14.4 ↔ 260
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	1.5 ↔ 27	<b>7.2</b> ↔ <b>130</b>	15.0 ↔ 270
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	2.0 ↔ 36	7.5 ↔ 135	16.0 ↔ 288
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	2.2 ↔ 40	7.8 ↔ 140	17.0 ↔ 306
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	2.5 ↔ 45	8.0 ↔ 145	18.0 ↔ 325
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	2.8 ↔ 50	8.1 ↔ 146	19.0 ↔ 342
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	3.0 ↔ 54	8.3 ↔ 150	20.0 ↔ 360
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	3.3 ↔ 60	9.0 ↔ 162	20.8 ↔ 375
4.4     → 80     10.1     → 182     24.0     → 432       4.7     → 85     10.5     → 189     25.0     → 450       5.0     → 90     11.0     → 198     26.4     → 475       5.6     → 100     11.5     → 207     27.8     → 500       6.0     → 108     12.0     → 216     30.0     → 540       6.1     → 110     12.5     → 225     33.3     → 600	3.9 ↔ 70	9.4 ↔ 170	22.2 ↔ 400
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	4.0 ↔ 72	10.0 ↔ 180	23.0 ↔ 414
$5.0 \rightarrow 90$ $11.0 \rightarrow 198$ $26.4 \rightarrow 475$ $5.6 \rightarrow 100$ $11.5 \rightarrow 207$ $27.8 \rightarrow 500$ $6.0 \rightarrow 108$ $12.0 \rightarrow 216$ $30.0 \rightarrow 540$ $6.1 \rightarrow 110$ $12.5 \rightarrow 225$ $33.3 \rightarrow 600$	4.4 ↔ 80	10.1 ↔ 182	24.0 ↔ 432
5.6 → 100 11.5 → 207 27.8 → 500 6.0 → 108 12.0 → 216 30.0 → 540 6.1 → 110 12.5 → 225 33.3 → 600	4.7 ↔ 85	10.5 ↔ 189	25.0 ↔ 450
$6.0 \rightarrow 108$ $12.0 \rightarrow 216$ $30.0 \rightarrow 540$ $6.1 \rightarrow 110$ $12.5 \rightarrow 225$ $33.3 \rightarrow 600$	5.0 ↔ 90	11.0 ↔ 198	26.4 ↔ 475
6.1 ↔ 110 12.5 ↔ 225 33.3 ↔ 600	5.6 ↔ 100	11.5 ↔ 207	27.8 ↔ 500
0.1 110 1210 220 00.0	6.0 ↔ 108	12.0 ↔ 216	30.0 ↔ 540
6.7 ↔ 120 13.9 ↔ 250	6.1 ↔ 110	12.5 ↔ 225	33.3 ↔ 600
	6.7 ↔ 120	13.9 ↔ 250	

Fill in the following information for quick and
easy reference. This logbook covers the period
from _/to/
Name:
Address:
City:
Post Code:
Phone:
I have diabetes. For medical assistance, please
contact:
Doctor's Name:
Doctor's Phone:
Address:
City:
Post Code:
*I take the following medications:

## **Blood Glucose Test Result Chart Example**

The following provides an example of how to chart your blood glucose test results and related information.



	Bre	eakfast	:		Lunch			Dinner		Bedt	ime
	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
nents											
nents											
nents											
nents											
nents											
nents											
nents											
	nents  nents  nents  hents	Date Insulin/Medication  hents  hents  hents  hents  hents  hents  hents	Date Insulin/Medication Image   Before   Time   Blood Glucose	nents  nents  nents  nents  nents  nents	Time Insulin/ Medication I	Time Before After Time Blood Glucose Blood Glucose Blood Glucose  nents  nents  nents  nents  nents  nents	Time Before After Time Blood Glucose Time Blood Glucose Bl	Time Before After Time Blood Glucose Time Blood Glucose Insulin/ Medication Insulin/ M	Time Before After Time Before After Time Blood Glucose Insulin/ Medication Insulin/ Me	Time Before After Time Insulin/ Medication Blood Glucose Gluco	Time Before After Time Blood Glucose Time Blood Glu

<sup>•</sup> Daily blood glucose checks with a meter give you snapshots of your blood glucose levels.

Note down your blood glucose numbers and look for patterns and make changes accordingly or consult your physician.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comn	nents											
Tue.												
Comn	nents											
Wed.												
Comm	nents											
Thu.												
Comm	nents											
Fri.												
Comn	nents											
Sat.												
Comn	nents											
Sun.												
Comn	nents											
• Dia	hetes	symptoms					- Incr	eased fati	iane			

Diabetes symptoms
 Frequent urination

- Excessive thirst

- Extreme hunger

- Unusual weight loss

Increased fatigue

- Irritability

- Blurry vision

		Bre	eakfast	:		Lunch			Dinner		Bedt	time
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	lnsulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comn	nents											
Tue.												
Comm	nents											
Wed.												
Comn	nents											
Thu.												
Comn	nents											
Fri.												
Comm	nents											
Sat.												
Comn	nents											
Sun.												
Comm	nents											

<sup>•</sup> Eat vegetables and fruits such as spinach, carrots, broccoli or green beans.

Pick whole grain foods over processed grain products.
 How about trying brown rice with stir fry or whole 3 wheat spaghetti with your favorite pasta sauce?

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	nents											
Tue.												
Comm	nents											
Wed.												
Comm	nents											
Thu.												
Comm	nents											
Fri.												
Comm	nents											
Sat.												
Comm	nents											
Sun.												
Comm	nents											

<sup>•</sup> Introduce dried beans (like kidney or pinto beans) and lentils into your diet.

<sup>•</sup> Eat fish at least 2-3 times a week.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

<sup>•</sup> Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin.

Remove the skin before you prepare chicken or turkey.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comn	nents											
Tue.												
Comn	nents											
Wed.												
Comn	nents											
Thu.												
Comn	nents											
Fri.												
Comm	nents											
Sat.												
Comm	nents											
Sun.												
Comn	nents											
• Ch	oose n	on-fat dai	rv such a	s skim mi	lk. non-fat	1	• Cho	ose water	and calor	ie-free "die	et" drinks i	nstead

Choose non-fat dairy such as skim milk, non-fat yoghurt and non-fat cheese.

Choose water and calorie-free "diet" drinks instead of soda, fruit punch and other sugar-sweetened drinks.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	nents											
Tue.												
Comm	nents											
Wed.												
Comm	nents											
Thu.												
Comm	nents											
Fri.												
Comm	nents											
Sat.												
Comm	nents											
Sun.												
Comm	nents											

• Choose liquid oils for cooking instead of solid fats that are high in saturated and trans fats.

 Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

<sup>•</sup> Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.

<sup>•</sup> Eating too much of even healthy foods can lead to weight gain. Watch your portion sizes.

		Bro	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	nents											
Tue.												
Comm	nents											
Wed.												
Comm	nents											
Thu.												
Comm	nents											
Fri.												
Comm	nents											
Sat.												
Comm	nents											
Sun.												
Comm	nents				•				•	•		

When exercising, aim for a total of about 30 minutes a day, at least 5 days a week.

<sup>-</sup> Take a brisk walk (outside or inside on a treadmill)

<sup>-</sup> Go dancing

Bedtime Time Blood Glucose
Time Blood Glucose
•

- Take a low-impact aerobics class
- Swim or do water aerobic exercises
- Try ice-skating or roller-skating

- Play tennis
- Use a stationary bicycle indoors

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

With more muscle, you burn more calories, even while resting.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
	_	lnsulin/	Time Blood	Time Blood Glucose	lnsulin/	Time Blood Glucose	Time Blood	lnsulin/	Time Blood Glucose	Time Blood Glucose	lnsulin/	Time Blood Glucose
Day	Date	Medication	Glucose	Glucose	Medication	Glucose	Glucose	Medication	Glucose	Glucose	Medication	Glucose
Mon.												
Comn	nents											
Tue.												
Comn	nents											
Wed.												
Comn	nents											
Thu.												
Comn	nents											
Fri.												
Comn	nents											
Sat.												
Comn	nents											
Sun.												
Comn	Comments											
1 - 1		4	a to do atranath training with weights									

Join a class to do strength training with weights, elastic bands, or plastic tubes.

<sup>•</sup> Lift light weights at home.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
_		lnsulin/	Time Blood	Time Blood Glucose	lnsulin/	Time Blood Glucose	Time Blood	lnsulin/	Time Blood Glucose	Time Blood Glucose	lnsulin/	Time Blood Glucose
Day	Date	Medication	Glucose	Glucose	Medication	Glucose	Glucose	Medication	Glucose	Glucose	Medication	Glucose
Mon.												
Comn	nents											
Tue.												
Comn	nents											
Wed.												
Comn	nents											
Thu.												
Comn	nents											
Fri.												
Comn	nents											
Sat.												
Comn	nents											
Sun.												
Comn	Comments											
D -	40	Alaman anda an	broughout the day Deing active helps									

 Be active throughout the day. Being active helps burns calories. The more you move around, the more energy you'll use.

<sup>·</sup> Walk instead of drive whenever possible.

<sup>·</sup> Take the stairs instead of the elevator.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

<sup>•</sup> Work in the garden, rake leaves, or do some housecleaning every day.

Park at the far end of the shopping center lot and walk to the store.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comn	nents											
Tue.												
Comm	nents											
Wed.												
Comn	nents											
Thu.												
Comm	nents											
Fri.												
Comm	nents											
Sat.												
Comn	nents											
Sun.												
Comm	nents											

<sup>•</sup> Check your blood glucose before you exercise.

		Breakfast			Lunch			Dinner		Bedt	time	
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	lnsulin/ Medication	Time Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

	Bre	eakfast	:		Lunch			Dinner		Bedt	ime
	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Date	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
nents											
nents											
nents											
nents											
nents											
nents											
nents											
	nents hents hents hents hents	Date Insulin/Medication  nents  nents  nents  nents  nents  nents	Date Insulin/Medication Image	nents  nents  nents  nents  nents  nents  nents	Time Insulin/ Medication Image Insulin/ Medication Image Insulin/ Medication Image I	Time Before After Time Blood Glucose Glucose Glucose  Time Blood Glucose Glucose  Time Blood Glucose	Time Before After Time Insulin/ Medication Glucose Glucose Glucose Glucose Insulin/ Medication Glucose	Time Before After Time Insulin/ Medication Glucose Glucose Glucose Glucose Insulin/ Medication Glucose	Time Before After Time Before After Time Blood Glucose Insulin/ Medication Insulin/ Me	Time Before After Time Insulin/ Medication Paleod Glucose Insulin/ Medication Paleod Glucose Insulin/ Medication Paleod Glucose Paleots  Time Insulin/ Medication Paleod Glucose Paleot Gl	Time Before After Time Blood Glucose Time Blood Glu

<sup>•</sup> Wear your medical ID and other identification.

<sup>•</sup> Carry a carb source like glucose tablets or sugar packets with you.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		lnsulin/	Time Blood	Time Plood	laculia/	Time Plood	Time Blood	luovlin/	Time Blood	Time Blood	lnsulin/	Time Pland
Day	Date	Medication	Glucose	Blood Glucose	Insulin/ Medication	Blood Glucose	Glucose	Insulin/ Medication	Glucose	Glucose	Medication	Blood Glucose
Mon.												
Comm	ents											
Tue.												
Comm	ents											
Wed.												
Comm	ents											
Thu.												
Comm	ents											
Fri.												
Comm	ents											
Sat.												
Comm	ents											
Sun.												
Comm	ents											

Drink plenty of water before, during, and after exercise.

		Bre	eakfast	:		Lunch			Dinner		Bedt	ime
		Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
Day	Date	lnsulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comn	nents											
Tue.												
Comn	nents											
Wed.												
Comn	nents											
Thu.												
Comn	nents											
Fri.												
Comn	nents											
Sat.												
Comn	nents											
Sun.												
Comn	nents											
• Fin	d out it	vour wei	aht nuts v	ιου at risk	by check	ina	- 18 0	lower = I	ınderweig	ht - 19-2	24 = health	v weight

 Find out if your weight puts you at risk by checking your body mass index (BMI):

- 18 or lower = underweight

- 19-24 = healthy weight

- 25-29 = overweight

- 30 or higher = obese

Memo			