

My Diabetes **LOGBOOK**



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)
Website: www.caresens.co.nz

Australian Distributor:

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

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	↔ 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
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.

		Breakfast				Lunch				Dinner				Bedtime		
Day	Date	Time	Before		After		Time	Before		After		Time	Before		Bedtime	
		Insulin/ Medication	Time	Blood Glucose	Time	Blood Glucose	Insulin/ Medication	Time	Blood Glucose	Time	Blood Glucose	Insulin/ Medication	Time	Blood Glucose	Time	Blood Glucose
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Record the test date

Record the type and the amount of insulin you take each time

Record any particular condition like diet, exercise or stress

Record the test time

Record your blood glucose result of "Before" / "After" meal test into the proper space

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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• 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.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- *Diabetes symptoms*
 - Frequent urination
 - Excessive thirst
 - Extreme hunger
 - Unusual weight loss
 - Increased fatigue
 - Irritability
 - Blurry vision

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- 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?

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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• Introduce dried beans (like kidney or pinto beans) and lentils into your diet.

• Eat fish at least 2-3 times a week.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- 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.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- 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.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- 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.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.

- Eating too much of even healthy foods can lead to weight gain. Watch your portion sizes.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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• When exercising, aim for a total of about 30 minutes a day, at least 5 days a week.

- Take a brisk walk (outside or inside on a treadmill)
- Go dancing

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- 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

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- With more muscle, you burn more calories, even while resting.

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Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		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
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- Join a class to do strength training with weights, elastic bands, or plastic tubes.

- Lift light weights at home.

		Breakfast			Lunch			Dinner			Bedtime	
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- Be active throughout the day. Being active helps burn calories. The more you move around, the more energy you'll use.

- Walk instead of drive whenever possible.
- Take the stairs instead of the elevator.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
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• 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.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
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- Check your blood glucose before you exercise.

		Breakfast			Lunch			Dinner			Bedtime	
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- Wear your medical ID and other identification.
- Carry a carb source like glucose tablets or sugar packets with you.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
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- Drink plenty of water before, during, and after exercise.

		Breakfast			Lunch			Dinner			Bedtime	
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• Find out if your weight puts you at risk by checking your body mass index (BMI) :

- 18 or lower = underweight
- 25-29 = overweight

- 19-24 = healthy weight
- 30 or higher = obese

Memo
