

# DAILY JOURNAL



## Using The Daily Blood Glucose Journal

- Record the Day and Date in the spaces provided on the top of the page.
- Find the time of the entry you are making. Test your blood glucose (BG) and record the value in the space labeled METER BLOOD GLUCOSE.
- If you are eating at this time, record the grams of carbohydrates in the space labeled CARBOHYDRATES.
- If you are taking a food or correction bolus, record it in the space labeled FOOD BOLUS or CORRECTION BOLUS. If these have been taken together in one bolus, record the separate amounts in the corresponding spaces.
- Record your basal rate in the space labeled BASAL RATE. If you have more than one rate, be sure to record the rate in the space corresponding to the correct time for each rate.
- When you exercise, record the number of minutes in the space labeled EXERCISE.
- If you test your ketones, record the result in the space labeled KETONES. Each time you test your ketones, record the result even if it is negative.
- Record the time you change your infusion set in the space labeled SET CHANGE. This notation will help you to evaluate any changes in your blood glucose readings due to changing your infusion set.

- If you use different Target Blood Glucose ranges for different times of day, record your current high and low Blood Glucose targets. If your product uses a glucose sensor, remember that glucose sensor values are not intended for treatment decisions.
  - Use the Low BG Target space to record your Low BG Target.
  - Use the High BG Target space to record your High BG Target.
- Record the food you eat in the BREAKFAST, LUNCH and DINNER columns provided.
- In the NOTES section, record any information that may explain your blood glucose values or diabetes management decisions. Use this section as you would a personal journal.



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Breakfast

Snack

Lunch

Snack

Dinner

Snack

**Notes**

Exercise, stress, illness, low blood sugar and treatment, alarms, specific foods/carbohydrates



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