



# LOG BOOK

## This is YOUR Log Book.

Use it daily for recording your blood sugar, insulin and grams of carbohydrates (carbs).

Write down your blood sugar results on the page marked blood sugar log.

Include the type and amount of insulin you've taken.

Use the notes section to add information on any foods you might have eaten, the types of physical activity you do, or if you don't feel well.

### ***IF FOUND, PLEASE RETURN TO:***

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Doctor's Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Parent's Name

\_\_\_\_\_  
Phone

### ***IN CASE OF EMERGENCY, PLEASE CALL:***

\_\_\_\_\_  
Name

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

### ***OTHER IMPORTANT PHONE NUMBERS:***

\_\_\_\_\_  
Diabetes Educator

\_\_\_\_\_  
Dietitian

\_\_\_\_\_

\_\_\_\_\_



## Blood Sugar Log for the Week of \_\_\_\_\_

	Breakfast			Lunch			Dinner			Bedtime			During the Night		
	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after	blood sugar before	insulin	blood sugar after
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### Weekly blood sugar notes




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