

ONETOUCH[®]

LOGBOOK



Logbook Dates

FROM

TO

Contact Details

NAME

ADDRESS

CITY

STATE / POSTCODE

PHONE

DOCTOR'S NAME

DOCTOR'S PHONE

DOCTOR'S EMAIL

DIABETES EDUCATOR'S NAME

DIABETES EDUCATOR'S PHONE

DIABETES EDUCATOR'S EMAIL

IN CASE OF EMERGENCY, NOTIFY (NAME)

IN CASE OF EMERGENCY, PHONE

You deserve to
feel your best.
Now there's
something you
can do about it.

Staying out of your individually defined range can leave you feeling less than 100% – you know you feel better if you stay in range.

Checking your blood glucose is the only way to know if you're in range. Your healthcare provider will let you know the targets you should aim for and when you should test.

What are my goals?

My healthcare professional recommends testing:
..... times a day.

My healthcare professional recommends my
blood glucose range to stay between:
..... mmol/L to mmol/L.

Time of day

My target range

Waking up
(fasting level): mmol/L
to mmol/L

Before meals: mmol/L
to mmol/L

2 hours after meals: mmol/L
to mmol/L

Your HbA1c and you.

The HbA1c is a test that gives an average of the blood glucose level over the past 6–8 weeks and the ideal range is $\leq 7\%$. The HbA1c together with regular blood glucose monitoring is the best way to see the overall picture of your blood glucose levels.

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon	5.2	7.1	5.8	10.2
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

Use this ONETOUCH[®] logbook to help you identify how food, medication and exercise affect your blood glucose. Then make healthy decisions each day to better manage your diabetes.

INSULIN

8^{BREAKFAST}3^{LUNCH}

DINNER

BEFORE BED

3

DINNER		BEFORE BED	Comments
Before	After	Before	

Here's how to work with your ONETOUCH® logbook:

- 1 Fill in the week.
- 2 Check your blood glucose at the times recommended by your healthcare provider. Write down the result in the appropriate column.
- 3 Fill in how much insulin you used and which type

Set a goal you can achieve

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon	5.2	7.1	5.8	10.2
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Regular exercise may lessen the amount of medication you need

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Feeling sluggish? Your blood glucose may be **high**

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Stress can make it hard to stay in range

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Check your feet every day

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Have a yearly eye exam

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Set a goal you can achieve

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

When you are **active**, your body uses up glucose

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Checking regularly is the **best way** to see the effects of your medication

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Your blood glucose levels change throughout the day

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Look at food labels when shopping

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Beware of high-carb food and drinks

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Checking regularly is the **best way** to see the effects of your medication

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
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Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Has your plan to stop smoking worked?
If not, try again

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Check when you are under stress to catch high spikes

	BREAKFAST		LUNCH	
	Before	After	Before	After
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

INSULIN

BREAKFAST

LUNCH

DINNER

BEFORE BED

DINNER		BEFORE BED	Comments
Before	After	Before	

Your blood glucose levels change throughout the day

Comments shortcuts

NC = NO COMMENT

NEF = NOT ENOUGH FOOD

TMF = TOO MUCH FOOD

ME = MILD EXERCISE

HE = HARD EXERCISE

MD = MEDICATION

ST = STRESS

IL = ILLNESS

HY = FEEL HYPOGLYCAEMIC

H = HOLIDAY

O = OTHER

The OneTouch® blood glucose monitoring system is intended to be used for the quantitative measurement of glucose in fresh capillary whole blood.

USE ONLY AS DIRECTED. YOUR HEALTHCARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE FOR YOU/YOUR CONDITION. ALWAYS READ THE LABEL.

For more information please call AMSL Diabetes:

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