



# Let's keep track

My logbook

 **ONETOUCH**<sup>®</sup>

If this logbook is found, please return to:

My Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I have diabetes. In case of emergency, please call:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

My Healthcare Team/Resources:

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

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Dietitian \_\_\_\_\_ Pharmacist \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_




Hospital \_\_\_\_\_

Phone \_\_\_\_\_

## Why test your blood glucose (blood sugar)?

To help you and your healthcare team adjust your diabetes treatment plan when needed. A OneTouch® blood glucose meter with ColourSure™ technology, helps you better understand your results.

## What are my blood sugar targets?

Time	My Target Range*
 Before meals	
 2 hours after start of a meal	
 Bedtime	
Other times	

\*Always ask your doctor or other healthcare professional about your unique blood glucose target ranges. And don't forget to write them down to help guide you to make decisions based on your test results.

# How to use your logbook

Week of 8/9 <sup>1</sup>

= before meal

= after meal

= insulin/meds

= bedtime

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon	3.8 <sup>2</sup>	6.8	6 <sup>4</sup>	7	9	9	10	11.6 <sup>5</sup>				
Time		8:00 am <sup>3</sup>										
Notes:	Pizza lunch, Pasta dinner <sup>6</sup>											
	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												

Use this logbook to help you learn how food, medication and exercise affect your blood sugar. Then make healthy decisions each day to better manage your diabetes. Here's how to work with your logbook:

- 1 Fill in the date.
- 2 When testing blood sugar before and after meals, write down the "before-meal" result in the column and the "after-meal" result in the column
- 3 Write down the time you test your blood sugar.
- 4 Write down any amount of medication you've taken (insulin and/or diabetes pills), in the column.
- 5 When your result is high or low, circle it so you can see it at a glance.
- 6 Use the comments section to remark on anything important like meals eaten, exercise, or stress.

Week of \_\_\_\_\_



Your doctor may suggest that you test more frequently if you're feeling stressed or unwell, or when there are changes to your usual routines, as these can affect your blood glucose levels. Always talk to your doctor about what changes may be necessary.

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If testing in public makes you feel uncomfortable, try to find a private area or ask your host to help you find one if you are away from a familiar area.

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# Stay on track

## ONETOUCH®

Keeping track of your diet, medications and blood sugar levels helps you better understand and manage your diabetes.



### Australian-based Customer Care



Call: **1300 851 056** (Monday to Friday, between 7am – 6pm) or  
email: **diabetes@amsl.com.au**



For more information on the OneTouch glucose meters, please contact us on **1300 851 056** or at **diabetes@amsl.com.au**

**amsl diabetes.com.au**    

