

Your Diabetes Log Book

Use this logbook every day, or as often as you can, to write down your:

- Blood sugar levels
- Medicines you take
- How often and how much you exercise
- Foods you eat and alcohol you drink

Writing down this information and discussing it with your healthcare provider can help you learn more about your low or severe low blood sugar events.

PERSONAL CONTACT INFORMATION

Name: _____

Home address: _____

Phone: _____

HEALTHCARE PROVIDER

Name: _____

Phone: _____

EMERGENCY CONTACT

Name: _____

Relationship: _____

Home address: _____

Phone: _____

BLOOD SUGAR LOG FOR THE WEEK OF _____

Day/ time	Blood sugar levels	Medicines (name and dose)	Exercise (type and amount of time)	Food and alcohol	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					