



Let's keep track

My logbook

ONETOUCH[®]
every touch is a step forward™

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 Health Care 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 health care 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 ¹  = before meal  = after meal  = insulin/meds  = bedtime

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon	70 ²	123	6 ⁴	120	160	8	180	210 ⁵				
Time		8:00 am ³										
Notes: Pizza lunch, Pasta dinner ⁶												

	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 (in sulin 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 im portant like meals eaten, exercise, or stress.

Week of _____



When testing your blood glucose, hold the lancing device firmly against the side of your finger. Fewer nerves on the side can make it less painful than the center of your fingertip.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

Week of _____



Choosing a lancet with a higher gauge can help to decrease the pain and discomfort when testing your blood glucose, as higher gauges have thinner lancet tips. You'll find the size of the gauge on the side of the lancet packaging.

	Breakfast			Lunch			Dinner			Snack	Other	Bed
Day												
Mon												
Time												
Notes:												
Tues												
Time												
Notes:												
Weds												
Time												
Notes:												
Thurs												
Time												
Notes:												
Fri												
Time												
Notes:												
Sat												
Time												
Notes:												
Sun												
Time												
Notes:												

Make the connection

Average blood sugar level and A1c

Get on track to help you feel great with small steps and the right support towards getting you in the **Green** range.



www.onetouchmea.com



Call OneTouch® customer service:

Algeria: +213 555 053 505

Saudi Arabia: 8002440266

UAE: 8004530

Bahrain: +973 17731415

Oman: +968 24814501

Qatar: +974 44027400

South Africa: 080060034

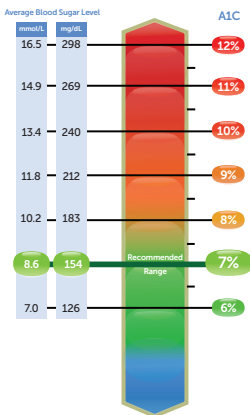
Egypt: 0800 888 888 6

Jordan: +96 265885192

Lebanon: +961 1 512083

Kuwait: +96522276888

Correlation of A1C with average sugar



From Sunday to Thursday 9:00 AM - 5:00 PM

ONETOUCH®
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