Your OneTouch® logbook

Life First.™ OneTouch®

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 Before column and the "after-meal" result in the After column. "Fasting" refers to your blood sugar reading before breakfast (when you wake up).
3. Jot down how many carbs you've eaten and any amount of medication you've taken.
4. When your result is high or low, circle it so you can see it at a glance.
5. Use the Comments section to remark on anything important—like diet, exercise, or stress.
6. Test your blood sugar as recommended by your doctor.

TIP: To minimize the pain of testing, change the lancet after every use.*

*Lancets are sterile and for single use only to reduce the risk of infection.

Week of: 9/8 (1)

Circle the result each time you're above or below your target. Add comments on diet, exercise, stress, etc.

Day	Breakfast			Lunch			Dinner			Bedtime
	Fasting	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	
M	70 (2)	123	6 4N/3N (3)	120	160	8 ?	180	210 (4)	? ?	
	Comments: Pizza lunch, Pasta dinner (5)									
T										
	Comments:									
W										
	Comments:									

What are your blood sugar goals?

Start by asking your healthcare professional to set your blood sugar goals and your schedule for checking your blood sugar.

(6) *When to check*	*My goals*
Fasting (before breakfast)	_____ mg/dL
Before Meal (lunch / dinner)	_____ mg/dL
After Meal (any meal)	_____ mg/dL

Week of: _____

Circle the result each time you're above or below your target. Add comments on diet, exercise, stress, etc.

Life First.™ ONETOUCH®

Day	Breakfast			Lunch			Dinner			Bedtime
	Fasting	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	Before	After	Carbs/ Insulin	
M										
	Comments:									
T										
	Comments:									
W										
	Comments:									
T										
	Comments:									
F										
	Comments:									
S										
	Comments:									
S										
	Comments:									

© 2011 LifeScan, Inc. Milpitas, CA 95035 7/11 AW 3081759A