

		DATE	BREAKFAST		LUNCH		DINNER		NIGHT	
			Before	After	Before	After	Before	After	Before bed	During the night
MONDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

TUESDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

WEDNESDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

THURSDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

FRIDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

SATURDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

SUNDAY	Testing									
	Insulin/tablets									
	Carbohydrate									

Comments

AVERAGE

	mmol/L
--	--------

Weekly averages

Week 1 mmol/L

Week 2 mmol/L

Week 3 mmol/L

Week 4 mmol/L

Week 5 mmol/L

Week 6 mmol/L

Week 7 mmol/L

Week 8 mmol/L

Week 9 mmol/L

Week 10 mmol/L

Week 11 mmol/L

Week 12 mmol/L

Week 13 mmol/L

Total weeks' average

mmol/L

Plot your progress

mmol/L

16

14

12

10

8

6

4

Week

1

2

3

4

5

6

7

8

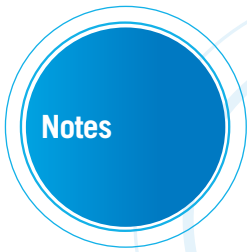
9

10

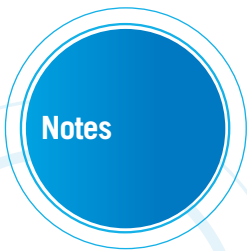
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13









Notes









Notes

My plan

TESTING DAY		DATE	BREAKFAST		LUNCH		DINNER		NIGHT	
			Before	After	Before	After	Before	After	Before bed	During the night
	Test 									
	Inject 									
	Medication 									
	Exercise 									
	Food/Eat 									
	Other									
	Plan duration  15									

My plan

TESTING DAY		DATE	BREAKFAST		LUNCH		DINNER		NIGHT	
			Before	After	Before	After	Before	After	Before bed	During the night
	Test 									
	Inject 									
	Medication 									
	Exercise 									
	Food/Eat 									
	Other									
	Plan duration  15									

Ascensia Diabetes Support:
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