

Time period: _____ to _____

This book belongs to

Name _____

Address _____

Phone _____

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

Name _____

Address _____

Phone _____

Health Care Provider or Diabetes Educator:

Name _____

Phone _____

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For People With Diabetes

Blood Sugar Diary



 diabetes

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

A Circle of Help to Live a Healthier Life

All the elements of good care begin and end with you.



The Importance of Knowing Your Blood Sugar Level

Your blood sugar level (also called blood glucose level) shows how well you are controlling your diabetes. And that's important, since keeping your sugar under control will help you feel better and could help you live a healthy, long life. You can test at home—self-monitor—to learn what your blood sugar level is at any time.

Keep a Record

Each time you check your blood sugar level, make a record in this diary. Over time, you will be able to see what makes your level go up or down. Take this diary with you when you visit your health care team. They need this information to help you take control of your diabetes and to help you make your meal, exercise, and medicine plans work for you.

Self-monitoring Goals

The American Diabetes Association suggests goals for blood sugar levels (with self-monitoring) for adults with diabetes:

Blood sugar target before meals: 80-130 mg/dL

Blood sugar target 1 to 2 hours after beginning of meals: less than 180 mg/dL

Your individual goals may be more or less depending on your age and/or health history.



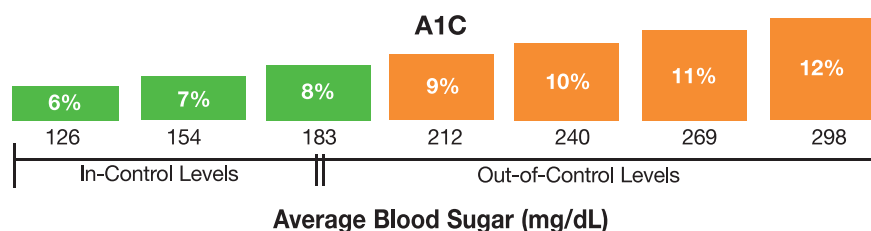
A1C Record

Your health care provider will do a blood test in the office that is called an A1C test. The A1C test shows your average blood sugar level over the past 3 months. You should discuss your A1C goals with your health care provider. For most patients with diabetes, it is recommended to have an A1C goal less than 7%. However, your individual goal may depend more on your age and/or health history. For example, some seniors may have a goal of less than 8%.

Each time your health care provider tests your A1C level, ask for the number and make a record of it. You will then know what your blood sugar level is over the long term.

How Average Blood Sugar Affects A1C

A fasting blood sugar test shows how you are doing during that period of the day. An A1C test shows where your blood sugar level has been over the past 3 months.



My Blood Sugar Goals

Talk to your health care team about setting goals.

Before meals, my target blood sugar range is _____ mg/dL to _____ mg/dL.

Two hours after starting meals, my target blood sugar range is _____ mg/dL to _____ mg/dL.

I need to test my blood sugar _____ **times a day.**

- | | |
|--------------------------------------|---------------------------------------|
| <input type="radio"/> When I wake up | <input type="radio"/> After breakfast |
| <input type="radio"/> Before lunch | <input type="radio"/> After lunch |
| <input type="radio"/> Before dinner | <input type="radio"/> After dinner |
| <input type="radio"/> Before bed | <input type="radio"/> Before exercise |
| <input type="radio"/> After exercise | <input type="radio"/> Other _____ |

Blood Sugar Tracker

My target blood sugar ranges are: 80 mg/dL to 130 mg/dL before meals
160 mg/dL to 180 mg/dL 2 hours after meals

Week Starting <u>2 / 15</u>	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast	172	97	100	162										
Dose														
Lunch	125	140	180	129										
Dose														
Dinner	135	165	130	130										
Dose														
Bedtime	140		175		128									
Dose														

Notes: _____

Blood Sugar Tracker

My target blood sugar ranges are: _____ mg/dL to _____ mg/dL before meals
 _____ mg/dL to _____ mg/dL 2 hours after meals

Week Starting ____/____	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Dose														
Lunch														
Dose														

Dinner														
Dose														
Bedtime														
Dose														

Notes: _____

My target blood sugar ranges are: _____ mg/dL to _____ mg/dL before meals
 _____ mg/dL to _____ mg/dL 2 hours after meals

Week Starting ____/____	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Dose														
Lunch														
Dose														

Dinner														
Dose														
Bedtime														
Dose														

Notes: _____

My target blood sugar ranges are: _____ mg/dL to _____ mg/dL before meals
 _____ mg/dL to _____ mg/dL 2 hours after meals

Week Starting ____/____	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After
Breakfast														
Dose														
Lunch														
Dose														

Dinner														
Dose														
Bedtime														
Dose														

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Breakfast														
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Dinner														
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Notes: _____

