

		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

	mg/dL
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Weekly averages

Week 1 mg/dL

Week 2 mg/dL

Week 3 mg/dL

Week 4 mg/dL

Week 5 mg/dL

Week 6 mg/dL

Week 7 mg/dL

Week 8 mg/dL

Week 9 mg/dL

Week 10 mg/dL

Week 11 mg/dL

Week 12 mg/dL

Week 13 mg/dL

Total weeks' average

mg/dL

Plot your progress

mg/dL

288

252

216

180

144

108

72

Week

1

2

3

4

5

6

7

8

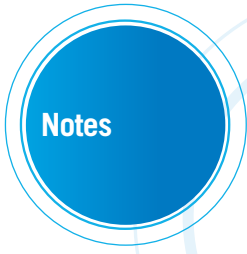
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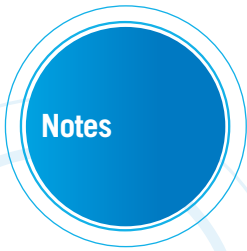
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13









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:
 Phone: 0800/ 50 88 822 (free number)
 E-Mail: info@ascensia.de