

		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 6

 mmol/L

Week 11

 mmol/L

Week 2

 mmol/L

Week 7

 mmol/L

Week 12

 mmol/L

Week 3

 mmol/L

Week 8

 mmol/L

Week 13

 mmol/L

Week 4

 mmol/L

Week 9

 mmol/L

Total weeks' average

Week 5

 mmol/L

Week 10

 mmol/L mmol/L

Plot your progress

mmol/L

16

14

12

10

8

6

4

Week

1

2

3

4

5

6

7

8

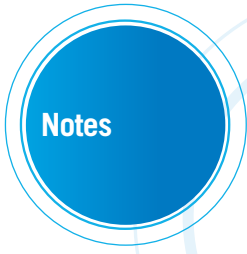
9

10

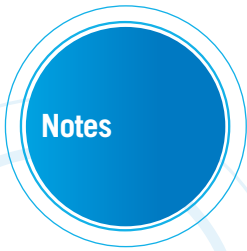
11

12

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