

Chapter 1 : Diabetes Logbook For Adults & Kids

Weekly Blood Sugar Pattern Log Sheet Weekly Blood Sugar Pattern Worksheet: Use this printable weekly logsheet to track your blood sugar patterns by recording your readings before all meals and snacks.

Depending on which type of diabetes you have, how severe is your diabetes condition, and what type of treatment you are receiving, you will may need to check your blood glucose level once every day or multiple times a day. If you are treated with diet alone and your blood sugar is under control, you only may need to check your blood sugar level once daily or even every other day. Under such situation, tracking your blood glucose level and your other health information will be a breeze as you only need to jot down information when you see a change from your usual numbers. Simple Method If this description fits your current health condition, the simple log is sufficient for you to track your blood sugar at various times on different days. In general, this log style is suitable when your treatment remains relatively stable and it does not put you at risk of hypoglycemia. If you wish to print out this template, please click here to download the PDF file. On the other hand, if your blood sugar is not very unstable and you are just beginning to start a new medication treatment, you should check your blood glucose level before and after each meal to see how well the dosage is working and whether it is too much or not enough for your current condition. This will help you avoid making any medication errors that could compromise your progress and health. You should also be checking multiple times a day if you have just increased or decreased your insulin dosage. At the same time, you should write down what food you have eaten for each meal and how much carbohydrate and calories are in each meal. If your doctor suggests that you lose some weight, then your weight measurement and your exercise regimen should also be recorded. Intensive Method In such health condition, you will need a much more intensive logbook that allows you to input much more information than the simple method of logbooking. The intensive log should include: It is also suitable for children as they tend to need medication adjustment much more often than adults. Furthermore, this intensive template is also applicable to individuals who suffer from gestational diabetes. During such sensitive periods, pregnant mothers have to keep a close monitor on their blood glucose level to avoid chances of hyperglycemia and hypoglycemia. Here is an example of an intensive log sheet. Always strive to write down your measurements immediately if not as soon as possible. By keeping this habit for 21 days, you will find that you will start to track your health records much more at ease Research studies have found that a new habit requires 21 days to be ingrained as your daily routine. Another tip is to write as detailed as you can. If you make too many assumptions and short notes, you may find yourself scratching your head and wondering what you meant when you need to revisit your record for paperwork. Keeping an understandable consistency with your daily inputs will be helpful in the long run, especially in events that you are sick or traveling. By spending a little more time filling out the logbook, you will save much more time later when you reexamine your record in the future. Always bring your logbook with you to your medical appointments. What is the point if you do not show your information to your doctor? At the same time, when you receive praises from your doctor about your logbook records and how well you have progressed, you will be much more eager to keep updating your logbook. When it comes to logging, it is all based on your attitude. Do not treat the logbook as a chore or a burden. Instead view the process of logging as your diary and your research to decipher how specific incidents affect your blood glucose level. For example, if you note that certain stressful events raises your blood glucose level, jot it down in your logbook. After a while, you will see a trend in what can affect your blood sugar. By discussing with your doctor or diabetes educator about the problem, you can then develop habits to counter these events. In addition, having a log book can make traveling less stressful and ensure that not only are you able to manage your diabetes on vacation , but can also enjoy it. Share your logbook with other individuals who have diabetes. By showing others how you track your diabetes progress, they may give you another perspective on how you can improve on your current system. After all, it takes a lot of trial and error when it comes to dealing with diabetes. This active habit of sharing with others will also give you much more encouragement to upkeep this friendly competition of progress. You can also share your logbook with friends or your partner. By allowing them access to this information you can

help them help you and improve your relationship. If they recognize your triggers or know your needs, then they can become a better support system. Do not skip out on logging when you are traveling or when you are on vacation. Stick to the routine. Do not give yourself any excuse for not tracking your treatment progress. It is often during traveling and vacation that individuals stray from their healthy habits and end up in an undesirable emergency situation. When it comes to logbooks, everyone has their preference as to what information they want to keep track and how much information they want to jot down. If your diabetes condition is relatively stable and you do not require an intensive treatment schedule, a simple logbook for jotting down your daily blood glucose level and carb intake will be sufficient. Conversely, if you suffer from type 1 diabetes or gestational diabetes, you will be required to keep a more detailed log of your diet, exercise, medication, weight, and energy level gauge. Log Sheet Basically, diabetes logbooks and log sheets serve the same purpose. The only difference is that for a logbook, all the information is kept in an agenda-like notebook; whereas log sheets are separate data sheets that can be stored in a binder. So depending on your needs, you may want to choose one over the other. For example, if you wish to have something that is simple and easy to carry around in your purse or briefcase, obviously a logbook will be more convenient. On the other hand, if you are required to keep a detailed chart of your daily information, log sheets will be much easier to personalize for your needs. Another advantage for log sheets is that even when you are sick, you can simply switch to your sick day sheets and still keep everything in a binder. Unlike log sheets, you will most likely need another logbook just for your sick days as you will require more space to jot down your medication adjustment during your downtime. How to Find the Best Diabetes Logbook When it comes to getting the best diabetes logbook for your needs, one size does not fit all. Most people refer to buy a ready-made logbook for their data. If nothing works for you because you wish to have more room for writing down your information, you may want to consider making your own logbook. Obviously printing out log sheets is the easiest way for you to create a customize log binder. But if you wish to have a bounded book for your purpose, you can consider purchasing a day to day business agenda or diary and use it as a logbook.

Chapter 2 : My Diabetes Home

Blood Glucose Testing Record This illustrated blood glucose chart makes it easy for people with diabetes, or their caregivers, to track blood sugar levels as well as insulin dosage. Download Free Version (PDF format).

Blood pressure usually varies from person to person and there are different factors that influence BP. Eating habits and lifestyle can be a major reason behind affecting the normal pressure level in life. Meaning of blood pressure Blood pressure usually refers to force that restricts circulating of blood on the wall of blood vessels. The pressure gets decreased while blood flows through arteries, veins, arterioles and capillaries. Usually the term blood pressure is referred to arterial pressure and it signifies to pressure that occurs in larger arteries and restrict blood from reaching to the heart. What is meant by blood pressure log? While looking into a traditional blood pressure log, you can visualize that it is a graphical representation of different blood pressure readings that may be below or above the normal rate. This will further indicate whether the person is experiencing low or high blood pressure. You have possibility of calculating the predicted heart rate by making use of the below formula: This would indicate the problem you are presently encountering: Have a normal reading, but still a bit higher compared to reading that it should be. So, take proper measures to lower it. Having a very high blood pressure that indicates hypertension Importance of blood pressure log The blood pressure reading obtained by doctor actually captures a single moment reading which can often be influenced by white coat hypertension phenomenon. Therefore, it becomes vital for patients to maintain blood pressure chart. Monitoring BP at home helps you become actively involved in your health care. Tracking the progress and finally taking up right medications can be an effective remedy! In present time, there is a high chance of getting varied home blood pressure monitors. The most convenient way is to choose a monitor that comes with cuff and then slips into the upper arm. It automatically inflates while providing digital read-out. But, you need to be conscious that the cuff fits properly so that accuracy can be achieved in measurement. What is the purpose of blood pressure log? Have you ever thought why most people are now encountering problem with blood pressure? Due to stressful life and unhealthy lifestyle, most of us are now experiencing severe health problem. Blood pressure is known to be a delicate condition that demands constant monitoring. BP turns out to be abnormal in case you do not perform proper exercise and get inclined towards fatty foods. No matter what age group you belong to, BP can surely affect your body and neglecting the condition can cause multiple diseases. There are many reasons behind high BP: Emotional problems Lack of sleep Stress So, do you maintain a proper log? The chart will not only help you understand the pressure level, but also will give you chance to maintain BP according to age, weight and height. The range is also visible in your chart so that you can stay aware of your health status. Having your own log will certainly act as an advantage and you can stay away from any kind of cardio problem, hypertension and diabetes. Keeping a track of pressure reading will be beneficial for you and it give you ability to handle any complication in future. Need for maintaining blood pressure chart High blood pressure is known to be a medical condition that requires constant monitoring. Therefore, keeping the chart of blood pressure can help you eliminate all kind of complications. Blood pressure readings can be a helpful tool for monitoring the health condition. The log would contain information related to age, systolic pressure readings and diastolic pressure readings. Log may also act as an interpretation of your day-to-day activity. The safe and unsafe level of blood pressure will indicate when you are in need of medical attention. Based on health requirements, the chat is created. You can possibly download blood pressure log template free of cost and design your own chat with the assistance of template. Different types of blood pressure Blood pressure is categorized under: It is known to be the highest pressure that records while heart pumps blood. The lowest pressure that captures during relaxation of heart. So, have you encountered normal systolic pressure? It usually ranges from 90 to mm of Hg and in case of normal diastolic pressure it usually varies from 60 to 70 mm Hg. But still it is said that having a lower pressure in this category is better. Quitting of smoking and drinking Reducing weight Performing exercises The chart comes into account when you encounter problem with the pressure. It will also signify what category you belong to. The chart is usually divided into three main categories: Normal stage Hypertension stage 1 Hypertension stage 2 Therefore, it

becomes essential for every individual to gain knowledge about chart so that necessary treatment can be adopted while experiencing hypertension. Hypertension is not a difficult condition to cure, but certainly it demands patience and control. It is vital for anyone to adopt a proper diet and have enough rest. This can be a serious disease and so it is obvious for every patient to adopt precautionary measures beforehand. Essential elements available in chart There are different elements that should be mentioned in the chart: Mention date in log whenever you check the pressure Time: It is essential to test the pressure twice a day. Both in the daytime and night and mention it in your log book Pulse: It helps to record the beats over 60 seconds. In case your device fails to show the information, then visit a doctor and know your pulse rate. It is a top reading and comparatively larger than bottom reading. Make sure that the number is less than It is a lower reading and need to be smaller than top reading. It need to be lower than Need to state about your condition and way to feel the whole day. Known facts about blood pressure The main reason behind encountering such health condition is due to stress or because of mental pressure. Overweight, excess consumption of salt, smoking and alcohol can also lead to such condition. Though there are no specific signs or symptoms of high blood pressure, but it is usually recommended to every individual to test their pressure at least once in every two years. It is a chart that needs to be maintained for at least one week. Rather wait for 30 minutes and then consider having your measurement. In case you have consumed caffeine then you need to wait for longer duration about 2 hours before taking the readings. Caffeine has tendency to elevate your pressure for short time. Wide range of BP log template available that can give you opportunity to avoid designing template from scratch. Templates can easily be downloaded! Use them as per your requirement and have maximum advantage of it! How to make use of blood pressure chart? It is only possible when you have a proper chart in hand. But, lack of knowledge on how to prepare the chart can certainly put your effort in vain. So, you can choose our free download template that can give you an idea about ways to prepare the chart. Download the template and have printable blood pressure log. Track out different values that are responsible for causing such changes in your body and affecting blood pressure measurements. This can finally be of huge benefit to you as well as to your health. If you are encountering high blood pressure, there is a possibility of having heart disease, chronic kidney diseases, diabetes and other conditions that can have an adverse affect to health. Having a normal pressure ensures that you have adopted a healthy lifestyle and can easily prevent any kind of health conditions. In case you do not have a normal blood pressure, then it is needed to adopt a healthy lifestyle along with medication. The different stage charts that end with can surely illustrate any fatal high pressure scene. Low pressure is considered when it goes down to For your convenience, you can have as the point of reference and also have your age and get average systolic. Common questions asked about blood pressure log Q: How often blood pressure chart needs to be monitored? Once you know the purpose of the chart, the usage of it would depend on the result that you seek to obtain. Having a normal reading would not demand much attention. You can think of opting for bi-annual check-up so maintain stability in readings. Whereas, having low or high pressure will demand constant monitoring and you need to check often to see whether medication is acting appropriately. What would be the course of action after taking the readings? Check your daily routine and think where you need to change. Adopting the right course of action will definitely help you achieve positive results. You can implement few steps such as: Maintaining proper body weight Get involved into physical workout Reduce salt intake Take proper medication Having blood pressure log excel can definitely give opportunity to prepare the chart effectively. It is known to be an appropriate tool where data and readings can be maintained properly.

Chapter 3 : Printable diabetic blood sugar chart

Record your blood sugar readings and the time you tested your blood sugar by clicking in the appropriate cell for the reading, typing in the number, and then hitting return/enter on your keyboard. Use the colored columns to enter your blood sugar readings.

Someone should be figuring it out and help you. I have ben on this computer for four hours searching. I am so happy to find this. Chuck Fisher You can store a considerable amount of data and send an email to yourself or doctor with values in CSV format which is suitable for virtually all spreadsheets, including Excel. I also tent to sleep way too much of the time, especially since some of my other meds have been drastically reduced. I attempted to print the spread sheet but alas is much larger than is truly posible to print even one entire sheet. Also how exactly does the sheet function?? Is it any different than my paper or hard copy log i use on a daily basis?? Does this calculate an average or is there something i am truly missing here? I have added spaces for insulin taken, food eaten, how I feel for day, appts, etc. Select only what you want to print and print only the selection. This info is important for the doctor to see and it also helps you to see which foods raise your glucose level and other things. It does calculate the average. If you would like I can send you my Master sheet. Send me your email address and I will send it to you. My email address is valean gmail. Gabby PA There is not "right" way. Just a way to track it for you and your doctor. I am a paper hound and tend to go to paper just for the reason you are saying. I can have that with me everywhere. Then you can get it to do some interesting things like average your numbers every month and even send it to your dr via email. I use a spreadsheet of my on design but it is nowhere near this fancy.

Chapter 4 : Free Blood Sugar Log Sheets | Diabetic Connect

The Blood Sugar Log Template can be used to promote better health through the control of Diabetes. Printable Blood Sugar Logs can be downloaded online and are available from your doctor. These logs can be obtained from your drug store and are also available as mailing inserts from large drug companies.

Remember to enter notes next to your entries regarding your diet and exercise so that you can see how they may be affecting your levels. Consult a doctor to find out what your upper and lower levels should be. This spreadsheet also contains a chart for tracking your A1C level. For the A1C level chart, you can enter the level that your doctor recommends you stay close to. Using a Blood Sugar Chart Tracking your blood sugar level or blood glucose level is highly recommended to give you power over your body and health. Tracking your blood sugar level along with your diet and exercise lets you see how to use diet and exercise to keep you at the right levels and stay healthy. You can also show your healthcare provider your results to help them provide you with a better care plan. Measuring your Blood Sugar Level: You can check your blood sugar level with a blood glucose meter at any time during the day, but generally people take them before meals and before they go to bed at night. Your health care provider can help you with an individualized schedule. Tracking Your Blood Sugar Level: After using the meter to find your blood sugar level, enter the date, time, level and any notes into the chart. Notes could include what food you ate, what exercises you did, or anything else that you think influences your levels. If you are on an exercise plan, ask your doctor for the best time to take your levels, to determine the affects your exercise plan is having. Another way to check your average blood sugar levels is through an A1C test. The test looks at the percentage of glycated hemoglobin in your red blood cells. You can have this test taken every 2 to 6 months. Ask your hcp how often they recommend you take this test. Consult your health care provider with any questions you have. The worksheet and information on this page is for educational purposes only. It should not be construed as medical advice.

Chapter 5 : Free Diabetic Log Sheets

Our free blood sugar chart (or blood glucose chart) lets you track your blood sugar levels throughout the day. It also allows you to enter in normal blood sugar levels, both high and low, so you can see how well you are staying within your healthy range.

Chapter 6 : Printable Blood Glucose Testing Record

Blood Glucose Log You will need to record your blood sugar levels according to the testing pattern that you and your diabetes educator decide will work for you.

Chapter 7 : Printable glucose meter readings log

BLOOD GLUCOSE LOG Day Breakfast Lunch Dinner Nighttime (if needed) Before 2 Hours After Before 2 Hours After Before 2 Hours After At Bedtime Middle of Night Time Number.

Chapter 8 : Blood Pressure Log Chart - Fillable, Printable PDF & Forms | Handypdf

Free Diabetic Log Sheets for Blood Glucose Readings If you have type 2 diabetes, you know the importance of monitoring and keeping track of your blood glucose levels. Here are a couple of free diabetic log sheets you can use.

Chapter 9 : Blood Glucose Diaries - Free Blood Glucose Monitoring Diary Download

If you have high blood glucose, make notes in your log and talk with your health care team about whether you need to

DOWNLOAD PDF BLOOD SUGAR RECORD SHEET

change your meal plan, physical activity, or diabetes medicines.