

Diabetes care: self-monitoring log book

Self N	Nonitor	ing L	ogbook	,													
Date	Monitoring Lo Breakfast		Lunch		Supper		Bed time	Comment	Date	Breakfast		Lunch		Supper		Bed time	Comment
	В	Α	В	Α	В	Α				В	Α	В	Α	В	Α	1	
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B is before meal, **A** is 2 hours after meal. The shaded areas can be used for insulin doses.

The Diabetes Education Centre at Grand River Hospital has prepared this handbook. Please copy as needed.