

For Bar Code Position Only

Millpitas, California

a *Johnson & Johnson* company



For further information on
Lifescan products, please contact your
Authorized Lifescan Representative.

Logbook



For Recording Eight Months of:

- Blood Glucose Test Results
- Insulin/Medication Doses
- Notes

Using your Logbook – an example

(3.9 – 7.8) *

Target Range for Blood Sugar 70-140 before meals

For best results always use the test strips developed

by LifeScan with your LifeScan meter.

* (mmol/L values)

Date	Blood Glucose Breakfast	Insulin/ Medi- cation	Blood Glucose Lunch	Insulin/ Medi- cation	Blood Glucose Dinner	Insulin/ Medi- cation	Blood Glucose Bedtime	Insulin/ Medi- cation	Blood Glucose Other	Comments Diet, exercise, ketones, illness, stress
M	(6.9) 123	4R 8N	(5.9) 106		(8.0) 145	4 R	(5.9) 106	10 N		
T	(5.4) 98	4R 8N	(6.2) 113		(5.1) 92	3 R	(10.3) 186	1R 10N		Dinner
T										
F										
S										
S										
Avg.										

Within Target: _____ # Above Target: _____ # Below Target: _____

Target Range for Blood Sugar _____

Frequent testing can help you achieve tighter control of your diabetes.

Date	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										

Name

Address

City

State

ZIP

Phone

Test Dates: From:

To:

Doctor's Name

Doctor's Phone

Diabetes Educator's Name

Diabetes Educator's Phone

Target Range for Blood Sugar _____

Controlling blood glucose levels could reduce diabetes complications up to 60%.

Date	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										
T										
F										
S										
S										
Avg.										

Within Target: _____ **# Above Target:** _____ **# Below Target:** _____

Target Range for Blood Sugar _____

To ensure system accuracy, remember to periodically do a control solution test as described in your Owner's Booklet.

Date	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										
T										
F										
S										
S										
Avg.										

Within Target: _____ # Above Target: _____ # Below Target: _____

Target Range for Blood Sugar _____

For best results, clean your meter and test strip holder regularly, according to the directions in your Owner's Booklet.

Date	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										
T										
F										
S										
S										
Avg.										

Within Target: _____ # Above Target: _____ # Below Target: _____

Target Range for Blood Sugar _____

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Date	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Insulin/Medication	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										
T										
F										
S										
S										
Avg.										

Within Target: _____ # Above Target: _____ # Below Target: _____

Target Range for Blood Sugar _____

For best results always use the test strips developed
by LifeScan with your LifeScan meter.

Date	Blood Glucose	Insulin/ Medi- cation	Blood Glucose	Insulin/ Medi- cation	Blood Glucose	Insulin/ Medi- cation	Blood Glucose	Insulin/ Medi- cation	Blood Glucose	Comments Diet, exercise, ketones, illness, stress
	Breakfast		Lunch		Dinner		Bedtime		Other	
M										
T										
W										
T										
F										
S										
S										
Avg.										

Within Target: _____ # Above Target: _____ # Below Target: _____