

# My Glucoracy<sup>®</sup> Logbook

Tracking each time you check your blood sugar using the Glucoracy<sup>®</sup> logbook can help you learn how food, medication and exercise affect your blood glucose levels.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## What are my blood glucose targets?

Before meal	
2 hours after meal	
Bedtime	
Other	

## When should I check?

	Night	Breakfast		Lunch		Dinner		Bed	Activity	
Day									Before	After
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

## How to use your logbook

- 1 Fill in the date
- 2 When you check your glucose before and after meals, write down the readings before eating in the column and the readings after eating in the column
- 3 When your reading is high or low, circle the number so it can be seen easily
- 4 Use the comments section to highlight important details such as meals, exercise and/or stress

Week of 10/27/2023 <sup>1</sup>

	Night	Breakfast		Lunch		Dinner		Bed	Activity	
Day									Before	After
Mon		60 <sup>2</sup>	120	80		140	210 <sup>3</sup>	70		
Note: Pizza for Lunch, Pasta for Dinner <sup>4</sup>										



Visit our website [Glucoracy.com](https://www.glucoracy.com) to find more information on nutrition, physical activity, and other tips to help manage your diabetes and find your way to thrive.



Contact Glucoracy<sup>®</sup> Customer Care at [support@glucoracy.com](mailto:support@glucoracy.com). Services open Monday - Friday 8:00AM - 6:00PM

Be sure to talk to your healthcare professional about the range limits that are right for you and write them down to help you make decisions based on your results.

Week of \_\_\_\_\_

Day	Night	Breakfast		Lunch		Dinner		Bed	Activity	
									Before	After
Day										
Mon										
Note:										
Tue										
Note:										
Wed										
Note:										
Thu										
Note:										
Fri										
Note:										
Sat										
Note:										
Sun										
Note:										

Week of \_\_\_\_\_

Day	Night	Breakfast		Lunch		Dinner		Bed	Activity	
									Before	After
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Mon										
Note:										
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Note:										
Wed										
Note:										
Thu										
Note:										
Fri										
Note:										
Sat										
Note:										
Sun										
Note:										

Legend



Bedtime



Overnight



Before meal



After meal

Week of \_\_\_\_\_

Day	Night	Breakfast		Lunch		Dinner		Bed	Activity	
									Before	After
Day										
Mon										
Note:										
Tue										
Note:										
Wed										
Note:										
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Week of \_\_\_\_\_

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									Before	After
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Thu										
Note:										
Fri										
Note:										
Sat										
Note:										
Sun										
Note:										

Legend



Bedtime



Overnight



Before meal



After meal

Week of \_\_\_\_\_

Day	Night	Breakfast		Lunch		Dinner		Bed	Activity	
									Before	After
Day										
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Week of \_\_\_\_\_

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Note:										
Sat										
Note:										
Sun										
Note:										

Legend



Bedtime



Overnight



Before meal



After meal