

SELF-TEST LOG BOOK

FORA

For recording

- Blood glucose test results
- Insulin and medication doses
- Notes

From

To

Name

Phone number

Address

City, State, Zip

Doctor

Diabetes Educator

Emergency Contact

Example

Target range for blood glucose

Date	Breakfast		Lunch	
	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
Mon	90	15L 7H 6R	72	none
Tue	120	15L 7H 6R	150	none

This self-test log book provides space for recording your daily blood glucose testing results and medication. Keeping track of your blood glucose results is important to help you stay in control of your diabetes. Accurate records can help you and your doctor make the best decisions about your treatment plan.

If you have any questions about the use of blood glucose monitoring systems and 2-in-1 BGBP systems* made by FORA, please visit www.foracare.ch or contact the dealer for service.

Note: Please remember to bring this log book with you to your doctor.

*2-in-1 BGBP system = 2-in-1 blood glucose plus blood pressure monitoring system.

Dinner		Bedtime		Comments (i.e., diet, exercise, stress, etc)
Blood glucose	Insulin or medication	Blood glucose	Insulin or medication	
120	7H 6R	80	13L	Exercised at 1pm
120	7H 6R	80	13L	

Example

Target range for blood glucose :

Date	Breakfast		Lunch	
	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Dinner		Bedtime		
Blood glucose	Insulin or medication	Blood glucose	Insulin or medication	

Example

Target range for blood glucose :

Date	Breakfast		Lunch	
	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

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	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
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	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
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Example

Target range for blood glucose :

Date	Breakfast		Lunch	
	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
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Sun				

Dinner		Bedtime		
Blood glucose	Insulin or medication	Blood glucose	Insulin or medication	

Example

Target range for blood glucose :

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	Blood glucose	Insulin or medication	Blood glucose	Insulin or medication
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