

Self-Care Diary



Name _____

Address _____

City _____

State _____ ZIP _____

Telephone _____

***I have diabetes.
In case of emergency, please call:*** _____

Name _____

Address _____

Telephone _____

Healthcare
Provider's Name _____

Telephone _____

Hospital _____

Pharmacy _____

Telephone _____

Diabetes Educator's Name _____

Telephone _____

Small Steps to Managing Diabetes

Taking small steps can be helpful in managing your diabetes. One key step is checking your blood sugar (glucose) levels. Talk with your healthcare provider about when and how often you should check. Keep track of your results on page 13 of this diary.

Another blood test is the A1C, which your healthcare provider should check about every 3 to 6 months during your checkup. The A1C result can give you a clearer picture of whether or not your diabetes is being well managed because it measures your average blood sugar level over a period of several months.

Talk to your healthcare provider about your goals for these tests and write them down in the section of this diary called “Your Diabetes Plan” on page 8 so you will always know your target ranges.

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Be sure to take this diary with you when you visit your healthcare provider. This will help him or her find any patterns (such as high blood sugar levels after meals) that may lead to changes in your medication or meal plan for better management. By making regular entries in this diary, you will be a partner in helping to manage your diabetes.

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Health Checklist

Below are some health measures that you should have checked regularly. The American Diabetes Association sets targets for most people with diabetes, but they can vary from person to person. During your next visit, work with your healthcare provider to set your personal target and test values. Be sure to write them in the table below for your own records.

Date: _____

What to Do	American Diabetes Association Targets	My Targets
Check Blood Pressure	Below 130/80 mmHg	
Check Weight	---	
LDL Cholesterol	Below 100 mg/dL	
HDL Cholesterol	Men: Above 40 mg/dL Women: Above 50 mg/dL	
Triglycerides	Below 150 mg/dL	

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Diabetes Care

Here are some key things you should do to help manage your diabetes:

- See your healthcare provider at least every 3 to 6 months
- Make sure to have your kidneys tested (urine and blood) every year
- Have a visual foot exam every visit and a comprehensive foot exam at least every year
- Make sure to get a comprehensive eye exam at least once every year*
- Get a flu shot every year, but check with your healthcare provider before doing so
- Get a pneumonia vaccine as recommended by your healthcare provider

*Yearly exams for all people with type 2 diabetes. Yearly exams for people with type 1 diabetes should start within five years after they are diagnosed.

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Blood Sugar Goals

One of your main goals is to manage your blood sugar levels. For people with diabetes, the American Diabetes Association suggests the following blood sugar and A1C goals:

- Before meals: 70 mg/dL to 130 mg/dL
- 1 to 2 hours after meals: Lower than 180 mg/dL
- A1C: Less than 7%

These guidelines work for many people, but not everyone. Your own goals may be higher or lower. Your healthcare provider will help you set the blood sugar target range that is right for you.

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Blood Sugar Diary

Checking your blood sugar before and after meals can be a good way to find out how well you are managing your diabetes. Talk to your healthcare provider about when you should check. Record this planned time in the chart provided below.

	Breakfast		Lunch		Dinner		Bedtime	Night
	Before	After	Before	After	Before	After		
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

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Your Diabetes Plan

Fill out this page when you meet with your healthcare provider so you know your blood sugar target ranges and A1C target goal. In the second table, record the time, type, and dose/units of the diabetes medicines you're taking.

Blood Sugar Target Ranges

Before meals:

_____ mg/dL to _____ mg/dL

2 hours after meals:

_____ mg/dL to _____ mg/dL

A1C Target Goal

Less than: _____ %

Diabetes Medicine

Time	Type	Dose/Units

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Meal Planning

You might have heard that having diabetes means you have to give up all the foods you like. But really, it's not about dieting; it's about learning to eat healthy, satisfying meals by making some changes.

Diabetes meal planning includes:

- Understanding how different foods and the amount you eat affect your blood sugar
- Choosing healthy foods
- Eating regular meals at the right times

As a small step, you can use the chart on page 12 in this diary to keep track of the foods you eat. By comparing your daily meals with your blood sugar test results, you may be able to see which foods might be raising or lowering your blood sugar levels. Share this log with your healthcare provider during your next visit.

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- 1 Write the foods you ate for each meal.
- 2 Record your blood sugar on the line that shows when it was checked.

Meal Log for the Week of _____

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tues*	1 Yogurt w/Cranola, Orange Juice			
Wed				
Thurs				
Fri				
Sat				
Sun				

*This is an example only. Talk to your healthcare provider about your meal plan.

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- 3 Write in the number of units and type of insulin on the line that shows when it was taken.
- 4 Write in any special notes you think may be important for your healthcare provider to know about what was going on at the time (such as if you ate a big meal, were sick that day, felt a lot of stress, had extra physical activity, etc.)

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar	
Mon	2	3											
Tues*	129	5 units/ insulin	140										4 Ate earlier than normal
Wed													
Thurs													
Fri													
Sat													
Sun													

*This is an example only. Talk to your healthcare provider about your specific targets and dosing.

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Meal Log for the Week of _____

	Breakfast			Lunch			Dinner			Snacks		
Mon												
Tues												
Wed												
Thurs												
Fri												
Sat												
Sun												

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar After	Blood Sugar Before	Insulin Units/ Type	Blood Sugar	
Mon													
Tues													
Wed													
Thurs													
Fri													
Sat													
Sun													

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Diabetes targets and goals are based on 2012 American Diabetes Association Standards of Medical Care in Diabetes.

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