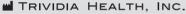




Self-Test Log Book

For Recording

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



2400 N.W. 55TH COURT FORT LAUDERDALE, FL 33309 U.S.A.

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Notes:	Notes:

Name		
Phone Number		
Address		
E-mail Address		
Doctor		
Diabetes Educator		
Dietician		
Podiatrist		
Emergency Contact		

Lunch

Breakfast

Before	After	Before	After	

Medication

Notes

		Micalcation	
Before	After		

Lunch

Breakfast

Before	After	Before	After	

Medication

Notes

		Micalcation	
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Lunch

Breakfast

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Medication

Notes

		Micalcation	
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Breakfast

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Medication

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Medication

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Medication

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Medication

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Medication

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Before	After		

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Medication

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Medication

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Lunch

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Medication

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Lunch

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Medication

Notes

Before	After	

Blood Glucose Values Breakfast

Lunch

Before	After	Before	After	

Medication

Notes

		Micalcation	
Before	After		

Lunch

Breakfast

Before	After	Before	After	

Medication

Notes

		Micalcation	
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Lunch

Breakfast

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		Micalcation	
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Lunch

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Lunch

Breakfast

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Medication

Notes

		Micalcation	
Before	After		

Lunch

Breakfast

Before	After	Before	After	

Medication

Notes

		Micalcation	
Before	After		

Lunch

Breakfast

Before	After	Before	After	

Medication

Notes

Before	After	

• Record each test result in your log book.