



# My Diary

ACCUCHEK® 360° View  
Making sense of your glucose results

Food diary

Insulin Name \_\_\_\_\_ Dose (Units) \_\_\_\_\_

Meal Size \_\_\_\_\_

Breakfast

	Before	Medication	Medication	Blood Glucose	Lunch
	mmol/L	Units	Units	mmol/L	mmol/L
Mon					
Tues					
Wed					
Thur					
Fri					

Week Starting \_\_\_\_\_

ACCUCHEK®



**ACCU-CHEK**® *COMMITMENT*  
more than a meter

- 3 year warranty and service for your system
- Freephone Careline
- Complimentary batteries **available online**
- Support for your diabetes management software
- Visit: [accu-chek.co.uk](http://accu-chek.co.uk) or [accu-chek.ie](http://accu-chek.ie)

Call **FREE** on 0800 701 000 (UK) or 1 800 709 600 (ROI)

## Welcome to the new Accu-Chek diary!

Try the new Accu-Chek diary and share your results and learnings with your healthcare professional. This information may help improve your blood glucose management.

### In your new Accu-Chek diary you will find:

- 1** A new diary template for you to record your blood glucose measurements along with your medication doses.
- 2** The **Accu-Chek 360° View**, which allows you to test 21 times over 3 days and helps you see graphically how your glucose levels are affected by:
  - Food
  - Exercise
  - Medication



## Personal details

### My details

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### My GP's details

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_

### Hospital Clinic details

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_

### In case of emergency please contact

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_

### Other information

Name of Diabetes Specialist Nurse: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Local pharmacy: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_

## Useful Addresses

### Diabetes UK

Macleod House  
10 Parkway  
London  
NW1 7AA

Tel: 020 7424 1000  
Email: [info@diabetes.org.uk](mailto:info@diabetes.org.uk)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Diabetes Federation of Ireland

76 Lower Gardiner Street  
Dublin 1

Tel: 01 836 3022  
Email: [info@diabetes.ie](mailto:info@diabetes.ie)  
[www.diabetesireland.ie](http://www.diabetesireland.ie)

## Medical details

Tick all boxes that apply

<input type="checkbox"/> Type 1	<input type="checkbox"/> Type 2
<input type="checkbox"/> Twice a day insulin	<input type="checkbox"/> Once a day insulin
<input type="checkbox"/> Multiple Daily Injection	<input type="checkbox"/> Insulin Pump <input type="checkbox"/> Other
<input type="checkbox"/> Diet	<input type="checkbox"/> Exercise <input type="checkbox"/> Oral
<input type="checkbox"/> Other	

Short-Acting Insulin	Long-Acting Insulin
Name: _____	Name: _____
Dose: _____	Dose: _____
Time: _____	Time: _____

### Other medication

Name: \_\_\_\_\_

Dose: \_\_\_\_\_

Time: \_\_\_\_\_

### Targets

Target blood glucose range: \_\_\_\_\_

Target HbA1c: \_\_\_\_\_

Target body weight: \_\_\_\_\_

## Personal notes

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Week Starting

26-11

Before meal target

6.5

After meal target

9

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon	7	22 4pm	Bolus	9			10				8		Mum's 40th Party
Tues			24	14	10							26	Had a Hypo
Wed													
Thur													

EXAMPLE

Record your blood glucose test results from your meter. (your GP will advise you what times to test if you're not sure)

Highlight any medication you're using and record it accordingly. In case your medication is insulin, enter the units you have injected.

You might want to consider entering the time your medication was taken as this will help your consultation with your healthcare professional.

Use these boxes to record any key events during your week i.e. illnesses, sporting and social activities etc

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After	Before	Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After	Before	Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													



Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After	Before	Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L Before	Medication Units	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L Before	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L Before	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L	Blood Glucose mmol/L	
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tues	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thur	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L Before	Medication Units	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L Before	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L Before	Medication Units	Blood Glucose mmol/L After	Blood Glucose mmol/L	Blood Glucose mmol/L	
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tues	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thur	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Week Starting

Before meal target

After meal target

	Breakfast			Lunch			Dinner			Before bed		During night	Comments
	Blood Glucose mmol/L	Medication	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	Medication	Blood Glucose mmol/L	
	Before	Units	Units	After	Before	Units	After	Before	Units	After		Units	
Mon													
Tues													
Wed													
Thur													
Fri													
Sat													
Sun													

Use this space to write your food & drink intake over the 3 days

**Day 1**

Breakfast (time)  :

Meal Size  SML\*

Snack (time)  :

**Day 2**

Breakfast (time)  :

Meal Size  SML

Snack (time)  :

**Day 3**

Breakfast (time)  :

Meal Size  SML

Snack (time)  :

Lunch (time)  :

Meal Size  SML

Snack (time)  :

Lunch (time)  :

Meal Size  SML

Snack (time)  :

Lunch (time)  :

Meal Size  SML

Snack (time)  :

Dinner (time)  :

Meal Size  SML

Snack (time)  :

Dinner (time)  :

Meal Size  SML

Snack (time)  :

Dinner (time)  :

Meal Size  SML

Snack (time)  :

\*refer to point 4 on the next page

# ACCU-CHEK® 360° View

## ACCU-CHEK® 360° View

Making sense of your glucose results

Insulin Name

  


		Day 1		Date			
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner
Time							
Meal Sizes S M L		-	S M L	-	S M L	-	S
Energy Level		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Blood Glucose							
Insulin Time							
Insulin Dose							
BLOOD GLUCOSE RANGE	TOO HIGH	>16.7 mmol/L					
		14.5-16.7 mmol/L					
		12.3-14.4 mmol/L					
		10.1-12.2 mmol/L					
		7.8-10.0 mmol/L					
		6.2-7.7 mmol/L**					
		4.5-6.1 mmol/L**					
	TOO LOW	<2.8 mmol/L					
Your comments (eg stress, illness, energy level)							

\*if applicable \*\*American College of Endocrinology Consensus Statement on Guidelines for Glycemia

- 1 Fill in the dates for the days on which you will track your glucose results
- 2 Test your glucose using your Accu-Chek blood glucose system as mentioned (e.g. Before breakfast)
- 3 Enter the time of the test in the first row of the chart
- 4 Based on your normal eating habits, describe this meal size by circling Small, Medium or Large as it relates to your food and drink listed on your food diary on the next page.
- 5 Rate your energy level since the last test, using values 1 – 5 where 1 = very low, 3 = moderate and 5 = very high. Circle the appropriate number.
- 6 Fill in your glucose result from your meter
- 7 Fill in the time and quantity of Insulin taken (if applicable)
- 8 Plot your glucose level (from step 6) by placing an X on the corresponding glucose range - for example if your reading is 5.3 before lunch, you would place the X in the middle of the 4.5 - 6.1 mmol/L box under before lunch

**Warning: Do not adjust your prescription oral medication or insulin therapy without first consulting your healthcare professional.**

# ACCU-CHEK® 360° View

Making sense of your glucose results

Insulin Name	Dose (Units)	Shots/Day	Oral Diabetes Medications	Dose	Times/Day
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

		Day 1							Day 2							Day 3							
		Date <input type="text"/> <input type="text"/> <input type="text"/>							Date <input type="text"/> <input type="text"/> <input type="text"/>							Date <input type="text"/> <input type="text"/> <input type="text"/>							
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	
<b>Time</b>																							
<b>Meal Sizes S M L</b>		-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	
<b>Energy Level</b>		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
<b>Blood Glucose</b>																							
<b>Insulin Time</b>																							
<b>Insulin Dose</b>																							
<b>BLOOD GLUCOSE RANGE</b>	<b>TOO HIGH</b>	>16.7 mmol/L																					
		14.5-16.7 mmol/L																					
		12.3-14.4 mmol/L																					
		10.1-12.2 mmol/L																					
		7.8-10.0 mmol/L																					
		6.2-7.7 mmol/L**																					
		4.5-6.1 mmol/L**																					
<b>TOO LOW</b>	2.8-4.4 mmol/L																						
	<2.8 mmol/L																						
	<b>Your comments (eg stress, illness, energy level)</b>																						

Fasting/Before-Meal Goal After-Meal Goal

\*if applicable \*\*American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control, 2002.





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Company registration number: 571546

[www.accu-chek.co.uk](http://www.accu-chek.co.uk)

[www.accu-chek.ie](http://www.accu-chek.ie)

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**ACCU-CHEK®**