

Diabetes progress log



Name:

NHS Number:

The aim of this exercise is to reflect on your day-to-day management of your diabetes. It helps if you pick a normal week rather than a time when you are on holiday or have a special event (i.e. running a 5k race or celebrating a big birthday). The more blood glucose monitoring you complete the more useful you'll find the exercise in helping you consider changes to your insulin regimen and lifestyle. When you have completed the 5-day log consider how you feel about your current blood glucose control and how it is affected by carbohydrate intake, activity and mood.

	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	During the evening	Before bed	Activity	Mood score (circle no.)
Date:									
Food & drink intake*									☹️ 1 2 3 4 5 😊
Blood glucose**									
Date:									
Food & drink intake*									☹️ 1 2 3 4 5 😊
Blood glucose**									
Date:									
Food & drink intake*									☹️ 1 2 3 4 5 😊
Blood glucose**									
Date:									
Food & drink intake*									☹️ 1 2 3 4 5 😊
Blood glucose**									

* Please give as much detail as possible about the quantity (g) or volume (ml) of carbohydrate you eat and drink. A useful reference book or app to help you measure your carbohydrates is Carbs & Cals by C Cheyette and Y Balolia. The carbohydrate servings and meal planning sheet can be downloaded from www.pitstopdiabetes.co.uk/resources
 ** Testing blood glucose levels before each meal and approximately 2-hours after meals is advisable during this exercise.