



Taking charge of diabetes

Keeping track of how you feel and writing down your thoughts may help you identify patterns. Use this chart to help you track how you're feeling each day.

Date & time	Food & fluids	Diabetes medications	Physical activity	Feelings & thoughts	Any illness	Blood sugar value (circle your values that are in range)
Monday, 2/27 9 a.m.	7 a.m.: eggs, 1 slice toast, apple slices, 1 cup coffee	7 a.m.: Lantus, 30 units	Walk after dinner	Sad lately	No	7 a.m.: 105 9 a.m.: 170

DIABETES

Date & time	Food & fluids	Diabetes medications	Physical activity	Feelings & thoughts	Any illness	Blood sugar value (circle your values that are in range)



WANT TO KEEP TRACKING YOUR TRENDS?

Scan the QR code and download a clean copy of this chart to continue tracking how you feel each day.