



Your mission—should you choose to accept it—is to track your blood sugar and look for patterns in your levels.

Testing your blood sugar levels helps you manage your diabetes. But just one test won't tell you the whole story. When you check your blood sugar often and at the right times, you can see patterns in your levels. These patterns can help you find out which things cause your blood sugar to be too high or too low. For example:



**Food and drinks:** How does a certain food or alcohol affect your blood sugar?



**Exercise:** How do specific activities affect you?



**Daily life:** If you try to reduce stress, does it help?

Once you see patterns, you can find simple ways to help get your blood sugar to your goal, such as changing serving sizes, walking after dinner, or talking to a friend to help manage stress.



**Want to use your phone? There's an app for that!**

You also can use an app to track your blood sugar on your smartphone. Visit the Apple Store or Google Play to find an app that's right for you.

## Using tracking tools

First, decide what you'd like to learn about your blood sugar. Then use one of these two tools to see how your blood sugar changes before and after certain meals or activities.

### Tracking over 7 days?

#### Use the "testing in pairs" tool

- Each day, check your blood sugar **before** the meal or activity. Write the number in the Before column and write the meal or activity in the Notes section.
- Check your blood sugar again at a specific time **after** the meal or activity and write it in the After column.
- Calculate** how much your blood sugar rose or fell and write the number in the Change column.

What do I want to learn? <i>How does breakfast affect me?</i>				Notes:
Day	Before	After	Change	
1 Jan 26	110	210	100	2 granola bars
2 Jan 27	130	280	150	pancakes, grits
3 Jan 28	125	255	130	2 cinnamon rolls
4 Jan 29	120	220	100	2 granola bars
5 Jan 30	110	155	45	1 granola bar
6 Jan 31	108	148	40	1/2 cinnamon roll
7 Feb 1	127	157	30	eggs, 1 toast

### Tracking over 3 days?

#### Use the Accu-Chek 360° View

The Accu-Chek® 360° View lets you to track your meal size, insulin, energy levels, activity, and blood sugar over 3 days to spot patterns.

PATIENT NAME Godfrey

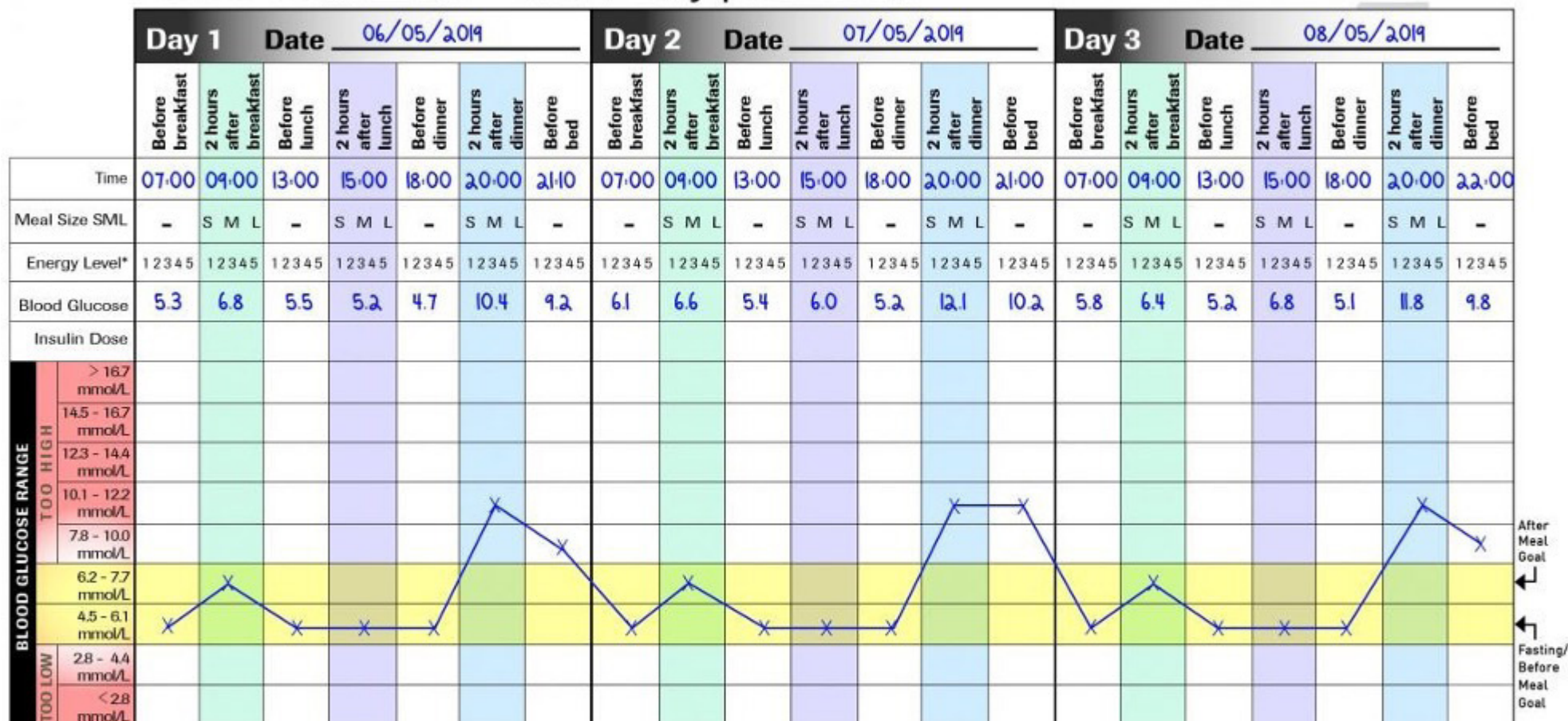
PATIENT PHONE \_\_\_\_\_

INSULIN NAME \_\_\_\_\_ DOSE (UNITS) \_\_\_\_\_ INJECTIONS/DAY \_\_\_\_\_

ORAL DIABETES MEDICATIONS Glucophage DOSE 1000mg TIMES/DAY twice a day



## Accu-Chek® 360° View 3-day profile tool



*ENERGY LEVEL					
What is your energy level?	1 Very Low	2 Somewhat Low	3 Moderate	4 Somewhat High	5 Very High

**WARNING: Do not adjust your prescribed oral medication or insulin therapy without first consulting your physician**

What did you learn from doing this analysis of your blood glucose results?

\_\_\_\_\_

\_\_\_\_\_

Bring this form and your Accu-Chek blood glucose meter to your next healthcare professional appointment.

Would you prefer to complete this online? Access the Accu-Chek 360° View tool on [www.accu-chek.co.za](http://www.accu-chek.co.za) under Testing Tips.



Tired of keeping a manual logbook?  
Download the mySugr app today.



NB: Not available in all countries  
Please visit [www.accu-chek.co.za](http://www.accu-chek.co.za)