

## Ken's Current version Type-1 Diabetic Log header legend

The current Type-1 diabetic log has been reduced and condensed because over the years, I have become experience enough to get by with less information. This log is primarily for management as opposed to discovery; however, long term effects can still be effectively tracked.

| Legend                 | Entry examples   |
|------------------------|--|
| <b>Day</b>             | Mon, Tue, Wed, Thu, Fri, Sat, Sun  |
| <b>Date (ddmm)</b>     | 1012 = Tenth of December. Only logged at start of each day.  |
| <b>Time</b>            | Time of entry; 1015 = 10:15 AM (AM and PM are assumed by progression of the day.)                                  |
| <b>Test (mg/dL)</b>    | Glucometer results; 80 = 80 mg/dl  |
| <b>Finger</b>          | Finger pricked for glucometer test. R1, R2, R3, R4, L1, L2, L3, L4; R1=right index finger, R4=right little finger. |
| <b>Meal</b>            | B=breakfast, L=lunch, D=dinner, S=snack  |
| <b>Insulin (u H,L)</b> | Units of insulin injected. 5H=5 units of Humalog, 10L=10 units of Lantus.  |

| Day | Date (ddmm) | Time | Test (mg/dL) | Finger | Meal | Insulin (u H,L) | Day | Date (ddmm) | Time | Test (mg/dL) | Finger | Meal | Insulin (u H,L) | Day | Date (ddmm) | Time | Test (mg/dL) | Finger | Meal | Insulin (u H,L) |  |  |  |
|-----|-------------|------|--------------|--------|------|-----------------|-----|-------------|------|--------------|--------|------|-----------------|-----|-------------|------|--------------|--------|------|-----------------|--|--|--|
| Mon | 1512        | 510  | 91           | L3     | -    | 2H              |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 625  | 87           | L4     | -    | 8H              |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 635  | -            | -      | B    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 800  | 87           | R1     | -    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 1021 | 66           | R2     | S    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 1102 | 92           | R3     | -    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 1130 | 95           | R4     | -    | 5H              |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 1145 | -            | -      | L    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 132  | 73           | L1     | -    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             | 152  | 62           | L2     | S    | -               |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |
|     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |     |             |      |              |        |      |                 |  |  |  |

Fold guide lines

The log is printed on both sides of a standard 8-1/2" X 11" sheet of paper.