



90 DAY Self-Monitoring Logbook



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At Dia-Care™ we understand the importance of keeping track of your blood sugar results in order to stay in control of your diabetes. That is why we designed this 90 day logbook for your convenience. This logbook will help you to record your blood sugar results and the type and amount of your diabetes medication. There is space to write in any extra important information and additional comments (e.g., if you were ill, if you exercised, if you were under stress).

Be sure to bring this logbook to your healthcare provider. Your results will help your doctor determine the best treatment plan.

*For free testing tips please visit our website at: www.DiaCareRX.com
or email your questions to: info@diacarerx.com*

