



Easy Diabetes Journal: Sturdy Plywood

Gary ` Smith

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Tight control of blood glucose (sugar) levels is essential for those with Type 1 or Type 2 diabetes in order to stay healthy.

The **Easy Diabetes Journal** will help you track all vital information about your diabetes and spotlight developing trends or problems, including tracking blood pressure and other vital measures.

The **Easy Diabetes Journal** helps you to easily track and record:

- Covers more than 52 weeks of readings (includes bonus weeks), up to four times per day.
- Record oral medications (pills).
- Record insulin injections or pump dosages for two types of insulin: slow-acting and fast-acting.
- Record blood glucose levels four times each day (as prescribed by your doctor): fasting, lunch, dinner and bedtime.
- Record blood pressure along with blood sugar.
- Keep detailed diabetes information in one place, such as insulin names, doses, glucose level and carbs targets, physician and pharmacy information.
- Start whenever you like and fill in your own dates.
- Flexible: track as much or little information as your doctor recommends.
- Make notes about meals and snacks, carb counting, exercise, and events that will affect your readings, such as schedule and dietary changes.
- Designed by a diabetic graphic designer who has been tracking daily for more than 30 years.
- Convenient 6 x 9" size provides enough space to actually write what you need, yet small enough to pack easily.
- 89 pages just for recording readings --no dreary text, just what's needed for everyday compliance.
- Beautiful cover -- doesn't look like a typical diabetes log.

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